



# My Weekly Meal Plan



## Meal Plan

## Notes

Monday	Taco Sweet Potato Hash with Ground Turkey and sliced apples and cottage cheese
Tuesday	Happy Valentine's Day! Hamburger Steaks with Mushroom Onion Gravy with mashed potatoes and roasted asparagus
Wednesday	One Pot Bruschetta Pasta and a side salad
Thursday	The Best Tuna Patties with Spicy Cauliflower "Mac and Cheese" Casserole
Friday	One Pot Beef Curry with jasmine rice
Saturday	Plan to Eat Out
Sunday	Instant Pot Honey Garlic Pork Tender Loin with sautéed green beans.

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Valentine's Day Treat

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Chocolate Covered Cherries Cake Pops

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Date: Week 2—February



# My Weekly Shopping List

Always check your kitchen supplies to see what you already have on-hand.

<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
Apples	1 box Penne pasta	1 lb. Ground turkey
1 Lemon	Panko bread crumbs	1 lb. Beef round
1 Lime	1 box Jasmine rice	2 to 3 lb. Pork tenderloin
Green onions	2 - 5 oz. cans Tuna in water	1 lbs. Ground beef
2 Garlic bulbs	2 - 48 oz. boxes Beef stock	4 Sun-dried tomato chicken sausage links
1 Jalapeno pepper	1 - 48 oz. box Chicken stock	
1 Poblano pepper	Thai red curry paste	
1 bag Yellow Onions + 1 sweet	1 jar Red pesto	
1 Yellow bell pepper	1 box Chocolate cake mix	
Lettuce	1 tub Chocolate frosting (not whipped)	<b>Dairy</b>
Grape tomatoes	1 lg. bag Milk chocolate chips	Eggs
Broccoli florets	Crisco shortening	Milk
1 bunch Asparagus	1 jar Maraschino cherries	Butter
Baby bella mushrooms	Worcestershire sauce	Mozzarella cheese, shredded
Brussels sprouts	Dijon mustard	Cottage cheese
Cucumbers	Red Boat® fish sauce	Parmesan cheese
1 bag Russet potatoes	<b>Herbs/Spices/Oils</b>	Monterey Jack Cheese
2-3 lg. Sweet potatoes	Olive Oil	Coconut milk
Fresh cilantro	Vegetable oil	
Fresh basil	Chili powder	
Fresh rosemary	Dried rosemary	
Fresh parsley	Paprika	
Fresh oregano	Cajun seasoning	
<b>Frozen</b>	Ground cumin	<b>Household</b>
1 bag Green beans	Garlic salt	
	Seasoned Salt	
	Honey	
	Cornstarch	
	Coconut sugar	
	Arrowroot powder	