



My Weekly Meal Plan



Meal Plan	
Monday	Slow Cooker Pizza Casserole with steamed peas and a side salad
Tuesday	Crock Pot Chicken and Potatoes with Harvest Salad
Wednesday	Keep it Clean Tilapia with sweet potatoes and roasted broccoli
Thursday	Sweet Pork Barbacoa together with Cilantro Lime Rice for a burrito bowl
Friday	Plan to Eat Out
Saturday	Pot Beef Barley Soup
Sunday	Double Crunch Honey Garlic Chicken Breasts with macaroni & cheese, and applesauce

Notes

Date: Week 3—February



My Weekly Shopping List

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



Produce	Pantry	Meat		
1 Lemon	2- 14oz. jars Pizza sauce	1 lb. Italian sausage, ground		
1 Lime	1 jar Basil pesto	2 Boneless skinless chicken breasts		
1 Garlic bulb	1 lb. box Penne or other short noodles	4 Tilapia filets (fresh or frozen)		
2 lg. Onions	1 box Chicken broth	3 lbs. Pork sirloin roast		
Carrots	1 box White rice	1 1/2 to 2 lbs. Beef stew meat		
Celery	1 can Black or refried beans			
Broccoli	1 bag Quick barely or barley pearls			
Sweet potatoes	1 bottle Soy sauce			
1 bag Red baby potatoes	1 - 28 oz. can Green enchilada sauce			
Cucumbers	1 box Macaroni and cheese	Dairy		
Tomatoes	Applesauce		2 doz. Eggs	
Lettuce	Honey		Milk	
Fresh parsley	Apple cider vinegar		Butter	
Fresh rosemary	Balsamic Reduction		Whole fat ricotta cheese	
Fresh cilantro	Rice Vinegar		Parmesan cheese	
1 pkg. Mixed greens	Dr. Pepper		Italian cheese blend, shredded	
Pecans	Herbs/Spices/Oils		4 oz. Goat cheese crumbles	
Dried Cherries			Olive Oil	Sour cream
Apple Cider			Cayenne pepper	Mexican style cheese, shredded
	Chili powder			
Frozen	Ground mustard	Household		
Frozen peas	Dried oregano			
	Italian seasonings			
	Paprika			
	Ground ginger			
	Garlic powder			
	Cumin			
	Bay leaves			
	Nutmeg			
	Ground sage			
	Cornstarch			
	Sugar			
	Brown sugar			