



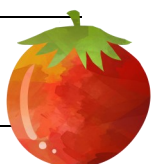
My Weekly Meal Plan



Meal Plan	
Monday	Southwest Shepherd's Pie with dinner rolls
Tuesday	Cajun Style Instant Pot Red Beans and Rice with Cornbread Muffins
Wednesday	Plan to Eat Out
Thursday	Crock Pot Chicken Parmesan with Caesar salad and garlic bread
Friday	Sloppy Joes with French Fries and Carrot or Celery Sticks
Saturday	Shrimp Risotto with Vegetable Medley Italian Style
Sunday	Crock Pot Chicken Enchiladas with Refried Beans and Mexican Rice

Notes

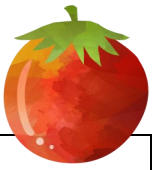
Date: Week 4—February





My Weekly Shopping List

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



Produce	Pantry	Meat
1 Lime	1 box Rotini pasta	2 lbs. Ground beef, divided
1 Garlic bulb	Italian style bread crumbs	4 Andouille sausage links
Green onions	2 boxes Chicken broth	3-4 skinless boneless chicken breasts
2 med. Onions + 1 white onion	2 boxes Vegetable or beef stock	16 oz. Cooked chicken (rotisserie)
1 sm. Yellow Onion	1 - 12 oz. bag Dried red beans	
2 Green bell peppers	1 box Long grain white rice	
1 Jalapeno	1 box Brown rice	
Carrots	Mexican rice	
Celery	1 - 24 oz. Pasta sauce	
1 Roma tomato	1 can Cream of chicken soup	
1 sm. Tomatoes	1 - 4.5 oz. can Green chilies, chopped	Dairy
1 bag Russet potatoes	1 - 10 oz. can Enchilada sauce	2 doz. Eggs
Romaine lettuce	2 - 15 oz. cans Pinto beans	Milk
Fresh thyme	1 bottle Caesar salad dressing	Butter
	Italian dressing	2 sm. containers Sour cream
	Ketchup	1 block Cheddar cheese
	Yellow mustard	Parmesan cheese
	Croutons	Mozzarella cheese, shredded
	12 Corn tortillas	Cheddar cheese
	Hamburger style buns	
	Dinner rolls	
Frozen	Herbs/Spices/Oils	Household
1 pkg. Sweet corn	Olive Oil	
Garlic bread	Vegetable oil	
French fries	Chipotle chili powder	
French fries	Ground cumin	
Gorton's Garlic Butter Shrimp Scampi	1 Pkg. Taco seasoning	
Green beans	Dried oregano	
	Garlic powder	
	Sugar	
	Brown sugar	
	Baking powder	
	Yellow cornmeal, fine ground	