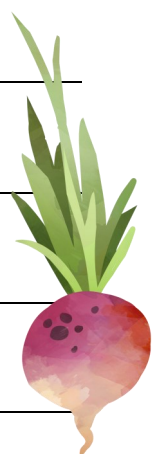


My Weekly Meal Plan



Meal Plan	
Monday	Crock Pot Creamy Chicken and White Rice with steamed broccoli
Tuesday	Baked Ziti with Garlic Bread, Healthy Antipasto Salad
Wednesday	Plan to Eat Out
Thursday	Crunchy Taco Pie with black beans
Friday	Quick and Healthy Seafood Gumbo with crusty French bread
Saturday	Baked Honey Garlic Chicken with baked potato and steamed carrots
Sunday	Instant Pot Brats and Peppers served with potato salad and fresh baby carrots

Notes

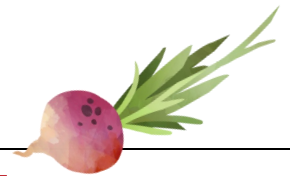


Date: Week 1—March



My Weekly Shopping List

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



Produce	Pantry	Meat
1 Lemon	2 – 10 oz. Cans Cream of Chicken soup	1 lb. Boneless, skinless chicken breasts
1 Garlic bulb	1 lb. box Ziti pasta	4 Boneless skinless chicken breasts
1 Red onion	1 box Instant rice	2 lbs. Lean ground beef
2 lg. Onions + 1 lg. Sweet onion	1 jar Artichoke hearts	1 lb. Sea food, your choice such as: fish filets, scallops, cleaned shrimp
1 bunch Celery	1 can Garbanzo beans	4 oz. Salami or other cured meat
1 bag Carrots	1 jar Black olives, pitted	1 pkg. Turkey pepperoni
1 bag Baby carrots	1 jar Green olives, pitted	1 pkg. Brats
1 pkg. Romaine lettuce	1 jar Giardiniera, (pickled peppers & vegetables)	Dairy
1 head Iceberg lettuce	1 jar Pepperocini	Eggs
1 head Broccoli (or use frozen)	1 jar Roasted red peppers	Milk
1 pkg. Grape tomatoes	1 jar Salsa	Butter
Fresh oregano	1 jar Guacamole	1 Pillsbury® Recipe Creations Crescent Sheet
3 med. Green bell peppers	1– 30 oz. can Tomato sauce	2 lbs. Sharp cheddar cheese, shredded
1 lg. Red bell pepper	1 – 28 oz. can Tomatoes, diced	1 – 15 oz. Ricotta cheese
1 lg. Yellow bell pepper	1 can Black beans	Parmesan or Romano cheese
Baking potatoes (1 per person)	1 box Chicken or Beef broth	Mozzarella cheese, shredded
	1 bottle Tabasco® sauce	Sour cream
	Red wine vinegar	Potato salad
	Mustard	
	1 bag Doritos	
	1 loaf French bread	
	Martin's Famous Long Potato Rolls (or other hoagie rolls)	
Frozen	Herbs/Spices/Oils	Household
1 bag Peas	Olive oil	
1 bag Okra	1 pkg. Taco seasoning	
Garlic bread	Paprika	
	Cayenne	
	Whole nutmeg	
	All-purpose flour	