



My Weekly Meal Plan



Meal Plan	
Monday	Bacon Turkey Club Wrap with sliced cucumbers and applesauce
Tuesday	Instant Pot 15 Bean Soup and Jalapeno Skillet Cornbread
Wednesday	Homemade Butter Chicken with Jasmine rice and steamed green peas
Thursday	Plan to Eat Out
Friday	Shrimp Tacos with Mango Guacamole with Mexican rice
Saturday	Aunt Lynette's Mastaccioli with roasted zucchini and a side salad
Sunday	Crock Pot Honey BBQ Pork Roast and Roasted garlic Mashed Potatoes with steamed corn

Notes

Date: Week 2—March



My Weekly Shopping List

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



Produce	Pantry	Meat
1 Avocado	1 lb. Mostaccioli pasta	1 lb. Bacon
1 Lemon	1 jar Applesauce	Deli turkey
1 knob Fresh ginger	1 - 11 oz. can Condensed cheddar cheese soup	2.5 lbs. Ground beef—divided
1 med. Onion	1 jar Pickled jalapeno peppers	8 large boneless skinless chicken thighs
1-2 Garlic bulbs	1 - 45oz jar Spaghetti sauce	3 lb. Boneless pork roast
7 lg. Tomatoes	1 pkg. Mexican rice	
Green chiles	20 oz bag of Hurst's HamBeens® 15 BeanSoup®	
5 lb. Red potatoes	1 box 64 oz. Beef broth	Dairy
Zucchini	1 box Chicken stock	Eggs
1 bunch Celery	1 bottle BBQ sauce	Milk
1 head Lettuce	1 pkg. Flour tortillas	Butter
Cucumbers	1 pkg. Corn tortillas	Buttermilk
		1 container Roasted red pepper hummus
		Plain unsweetened yogurt
		Cheddar cheese, shredded
		Mozzarella cheese, shredded
Frozen	Herbs/Spices/Oils	Household
1 pkg. Corn	Olive oil	
	Peanut oil	
	Onion powder	
	Italian seasoning	
	Garlic powder	
	Garam masala	
	Cardamom	
	Nutmeg	
	Cumin	
	Chili powder	
	Bay leaves	
	Baking soda	
	1 lb. Stone ground yellow corn meal	
	Sugar	
	Honey	