



My Weekly Meal Plan



Meal Plan	
Monday	Buffalo Turkey Meatballs with Sweet potato fries and celery sticks
Tuesday	Instant Pot Corned Beef and Cabbage with Irish Soda Bread
Wednesday	Corned Beef on Rye with Sauerkraut served with macaroni and cheese
Thursday	Skillet Bruschetta Chicken with Balsamic Glaze with roasted zucchini and buttered noodles
Friday	Cheesy Tuna Casserole
Saturday	Instant Pot Creamy Chicken Tacos with Easy Corn Salad
Sunday	Plan to Eat Out

Notes

Date: Week 3—March





My Weekly Shopping List

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



Produce	Pantry	Meat
1 Lemon or lime	1 container Bread crumbs	1 lb. Lean ground turkey
2 lg. Apples	1 lb. Small shell pasta	2.5 - 3 lbs. Corned beef
1 Orange	1 box Macaroni and cheese	2 Chicken breasts
1 Red bell pepper	1 jar German sauerkraut	1 - 1.5 lbs. Boneless, skinless, chicken breasts
1 Red onion	Spicy mustard	
1 bunch Green onions	1 jar Mayonnaise	
Celery sticks	Franks® Hot Sauce	
1 pkg. Baby carrots	Low-carb ranch dressing	Dairy
1 pkg. Red potatoes	Raisins	Eggs
1 head Cabbage	1 pkg. Egg or Amish noodles	Milk
Fresh basil	1 can Tuna	Butter
1 head lettuce	1 jar Salsa	Almond milk
1 pint Cherry tomatoes	1 pkg. Chicken broth	1 ball Whole-milk mozzarella
1 - 2 med. Tomatoes	Balsamic glaze	Feta cheese
	Soft taco shells	1 pkg. Cream cheese
	1 pkg. Plain potato chips	Sour cream
	1 loaf Jewish rye bread	Brummel & Brown Organic Buttery Yogurt Spread
Frozen	Herbs/Spices/Oils	Household
1 pkg. Sweet potato fries	Olive oil	
1 pkg. Broccoli florets	Pink salt	
1 pkg. Corn	1 pkg. Taco seasoning mix	
1 pkg. Peas	Onion powder	
	Garlic powder	
	Dried minced garlic	
	Italian seasoning	
	Garlic salt	
	Cilantro	
	Mustard powder	
	Nutritional yeast	
	Baking soda	
	Baking powder	
	Whole wheat pastry flour	
	Almond flour	