



# My Weekly Meal Plan



Meal Plan	
Monday	Skillet Chicken Pot Pie with fresh fruit
Tuesday	Huevos El Diablo with roasted potatoes
Wednesday	Crock Pot Italian Swiss Steak with steamed green beans
Thursday	Instant Pot Dijon Chicken Risotto with Caesar salad
Friday	Blackened Salmon with Pineapple Salsa with baked sweet potatoes
Saturday	Instant Pot Beef Stew with dinner rolls
Sunday	Plan to Eat Out

## Notes

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Date: Week 4—March



# My Weekly Shopping List

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



<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
Favorite fruit, any variety	1 lb. Penne pasta	1 to 1.5 lbs. Cooked chicken (rotisserie works)
3 Avocados	Tony Chachere's® Creole seasoning	Italian sausage links
1 Lemon	14.5 oz. can of Hunts® Fire Roasted diced tomatoes	3-4 pound Chuck roast
1 Lime	1 can Hunts® tomato paste	4 Salmon filets
1 Garlic bulb	2 boxes Chicken broth, low sodium	1 - 1 1/2 lbs. Boneless chicken breasts
3 - 4 med. to lg. Onions	1 lg. box Beef broth	1 1/2 - 2 lbs. Beef stew meat
1 sm. Spanish onion	1 pkg. Arboria rice	
1 Red onion	Caesar's dressing	
1 pkg. Carrots	Croutons	
Celery		
3 Anaheim or New Mexico green chiles	Yellow mustard	<b>Dairy</b>
3-4 Jalapenos	1 bottle Apple cider vinegar	
6 med. Tomatoes	1 bottle Balsamic vinegar	2 doz. Eggs
1 lg. pkg. Baby spinach	Dinner rolls	Milk
Fresh basil or cilantro		Butter
Fresh rosemary, & thyme		Sour cream
Green or red bell peppers		1 block Mozzarella cheese
1 pkg. Potatoes		1 wedge Parmesan cheese
Romaine lettuce		
Cherry tomatoes		
1 whole Pineapple (or canned)		
Sweet potatoes		
2 lbs. Golden baby potatoes		
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>
1 pkg. Puff pastry	Olive oil	
1 pkg. Peas	Cumin	
1 pkg. Green beans	Turmeric	
	Dried Italian herb mix	
	Rosemary	
	1 Pkg. Dry active yeast	
	Cornstarch	
	All-purpose flour	
	Sugar	