

# My Weekly Meal Plan



## Meal Plan

<b>Monday</b>	Hawaiian BBQ Chicken Pizza with Cole slaw
<b>Tuesday</b>	Crock Pot Pepper Steak with broccoli and rice
<b>Wednesday</b>	Plan to Eat Out
<b>Thursday</b>	Shepherd's Pie with a side salad
<b>Friday</b>	Mediterranean Cod Sheet Pan Dinner with pita bread and hummus
<b>Saturday</b>	Crock Pot spicy Cowboy Sausage Soup with Apple Cinnamon Oat Muffins
<b>Sunday</b>	Easy Chicken Parmesan with spaghetti noodles and steamed carrots

## Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Date: Week 5—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>
Fresh pineapple	10 oz. can Rotel®	1 lb. Cooked chicken
1-2 Apples	1 pkg. Bread crumbs	3 Chicken breasts
1 Lemon	1 lb. Spaghetti noodles	1 lb. Bacon
1 Garlic bulb	1 can Tomato paste	8 oz. Canadian bacon
1 Red onion	1 box Rice	2 1/2 - 3 lbs. Beef stew meat
1 sm. & 1 lg. Onion	1 lg. box Beef broth	1 1/4 lb. Ground beef
1 med. White onion	1 lg. box Chicken broth	2 Cod fillets
1 lg. Red & 1 green bell pepper	1 - 4 oz. can Mushrooms	1 lb. Hot Italian pork sausage
Carrots	1 - 15 oz. can Pinto beans	
1 bunch Celery	1 - 15 oz. can Navy beans	
1 pkg. Baby bello mushrooms	1 bottle BBQ Sauce	
Cole slaw mix	1 jar Spaghetti sauce	
Head lettuce	Soy sauce	<b>Dairy</b>
Fresh chives or green onions	Worcestershire sauce	Eggs
Fresh rosemary & thyme	1 jar Capers	Milk
Italian parsely	1 box Oats	Butter
Grape tomatoes	1 bottle Cole slaw dressing	Buttermilk
Cucumbers	Kalamata olives	16 oz. Mozzarella cheese, shredded
1 Zucchini	1 bottle Dry red wine	16 oz. Cheddar cheese, shredded
Yukon gold potatoes	Pita bread	1 pkg. Cream cheese
		1 pkg. Hummus
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>
1 - 14 oz. Pepper stir fry mix	Olive oil	
1 pkg. Broccoli florets	Cinnamon	
1 pkg. Peas	Chili powder	
1 pkg. Carrots	Oregano	
	Bay leaves	
	Cornstarch	
	Baking powder	
	1 pkg. Active dry yeast	
	Flour	
	Sugar	
	Brown sugar	