

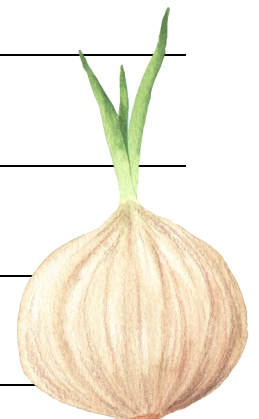


My Weekly Meal Plan



Meal Plan	
Monday	Instant Pot Ham and White Bean Soup with Onion Cheddar Muffins
Tuesday	Easy Skillet Sesame Chicken with 10 Minute Vegetable Fried Rice
Wednesday	Easy Cheeseburger Pie with Quick and Easy Instant Pot Green Beans
Thursday	Crock Pot Chicken and Dumplings with a side salad
Friday	Plan to Eat Out
Saturday	Pan Seared Honey Glazed Salmon with Brownded Butter Lime Sauce with baked sweet potatoes and Brussels sprouts
Sunday	Slow Cooker Apple Pork Chops with buttered noodles and steamed carrots

Notes

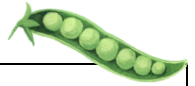


Date: Week 2—April



My Weekly Shopping List

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



Produce	Pantry	Meat
2 Limes	1 - 14.5 oz. can Stewed tomatoes	Ham bone (leftover), or 2 C. diced ham
2 Red Delicious apples	1 bag or box Brown rice	3 lbs. Boneless chicken thighs
1 knob Fresh ginger	1 - 14 oz. bag Great northern beans	1 lb. Ground beef
Garlic	4 boxes Chicken or vegetable broth	1 pkg. Bacon
3-4 Onions	1 pkg. Egg noodles	1-2 lbs. Boneless chicken
Carrots	Hoisin sauce	6 oz. Salmon Filets (one per person)
1 pkg. Snow peas	Soy sauce	6-7 Pork chops (bone in or bone out)
8 oz. Button mushrooms	Rice vinegar	
2-3 lbs. Green beans	Balsamic vinegar	Dairy
1 bunch Celery	Sesame seeds	Eggs
Sweet potatoes	1 pkg. Lipton® onion soup mix	Milk
1 bunch Fresh chives		Butter
1 bunch Fresh thyme		3 - 8 oz. blocks Sharp cheddar cheese
Lettuce		1 - 2 cans Refrigerated biscuits
Tomatoes		
Cucumbers		
Brussels sprouts (or frozen)		
Frozen	Herbs/Spices/Oils	Household
1 bag Peas	Olive oil	
1 bag Sweet corn	Peanut oil	
	Sesame oil	
	Bay leaves	
	Onion powder	
	Dry mustard	
	Dried parsley	
	Ground or rubbed sage	
	Honey	
	Baking powder	
	Brown sugar	
	Sugar	
	All-purpose flour	