

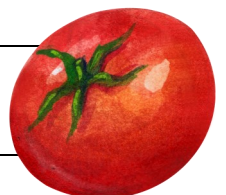


My Weekly Meal Plan



Meal Plan	
Monday	Turkey Bacon Avocado Burger with Instant Pot Corn on the Cob
Tuesday	Crock Pot Meatloaf with mashed potatoes and steamed peas
Wednesday	Plan to Eat Out
Thursday	Kalua Pork Torta with Pineapple Salsa and sweet potato fries
Friday	Crock Pot Chicken and Potatoes with 5 Bean Salad
Saturday	Vegetable Manicotti with a side salad and breadsticks
Sunday	Steak and Egg Protein Buddha Bowl

Notes

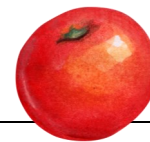


Date: Week 4—April



My Weekly Shopping List

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



Produce	Pantry	Meat
2 Avocados	1–12 oz. can Pineapple chunks	1 lb. Ground turkey
1 Pineapple	1 - 15 oz. can Cannellini beans	2 lbs. Ground beef
Onions	1 - 15 oz. can Dark red kidney beans	3 lbs. Pork shoulder (boneless)
2 Red onions	1 - 15 oz. can Garbanzo beans	4 Boneless, skinless chicken breasts
Garlic	1 - 14 oz. can Golden wax beans	Flank steaks
1 Sweet red, yellow & orange peppers	1 - 14 oz. can Cut green beans	
1 Red bell pepper	Campbell's® Tomato soup	
1 Jalapeno	1 box Manicotti shells	
1 Habanero chile	Ranch dressing	
8 to 12 Ears of fresh corn on the cob	Annie's® Goddess Dressing	Dairy
Lettuce	Marinara sauce	2 doz. Eggs
Tomatoes	Sundried tomatoes	Milk
Fresh Parsley	Breadcrumbs	Butter
Fresh Cilantro	Italian breadcrumbs	Cheese, slices
Fresh rosemary	1 bottle Liquid smoke	1 - 15 oz container Ricotta cheese
Fresh oregano	White vinegar	Parmesano Reggiano cheese
Fresh basil	1 pkg. Quinoa	Jarlsberg cheese
Fresh thyme	BBQ sauce	Hummus
1 bag Potatoes	10 to 12 Torta buns or soft Kaiser Rolls	
Raby red potatoes	Bays English Muffins	
1 head Napa cabbage		
Button mushrooms		
1 head Broccoli		
Frozen	Herbs/Spices/Oils	Household
1 pkg. Peas	Olive oil	
1 pkg. Bread sticks	Garlic salt	
	Seasoned salt	
	Sugar	