My Weekly Meal Plan

Meal Plan	
Monday	BBQ Cranberry Chicken served with rice and steamed carrots
Tuesday	Salmon Pasta
Wednesday	Chicken Green Chile Casserole with black beans and fresh fruit
Thursday	Crock Pot Italian Ground Beef and Rice Casserole with steamed green beans
Friday	Plan to pick up take-out
Saturday	Beef Lo-mein served with mandarin oranges
Sunday	Rosemary Bacon Grilled Cheese sandwiches with chips and apple slices

Date: Week 1—May



My Weekly Shopping List Always check your kitchen supplies to see what you already have on-hand.

Pantry	Meat
1 box Long grain white rice	8 boneless skinless chicken breasts
1 pkg. Lo-mein noodles	8 skinless boneless chicken thighs
1 box Fettuccine noodles	1 lb. Salmon filets
1 box Low-sodium chicken broth	1.5 lbs. Chicken (pre-cooked, or you can cook some chicken breasts)
1 box Low-sodium beef broth	1.5 lbs. Ground beef
1 jar Better than bullion, Beef	1 lb. Beef steak, any cut
1 bottle Cayenne pepper sauce	Bacon
1 – 14 oz. can Red enchilada sauce	
1 jar Roasted green chiles	Dairy
1 jar Pesto	Eggs
1 can Black beans	2% Milk
2 cans Whole cranberry sauce	Butter
1 can Stewed or diced tomatoes	Heavy cream
Barbecue Sauce	Parmesan cheese
Soy sauce	Light sour cream
Potato chips	4 oz. Sharp cheddar cheese
Tortilla chips, baked	4 oz. Monterey Jack cheese
1 pkg. Bread	Sliced, American cheese
Herbs/Spices/Oils	Household
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Cornstarch	
	1 box Long grain white rice 1 pkg. Lo-mein noodles 1 box Fettuccine noodles 1 box Low-sodium chicken broth 1 box Low-sodium beef broth 1 jar Better than bullion, Beef 1 bottle Cayenne pepper sauce 1 - 14 oz. can Red enchilada sauce 1 jar Roasted green chiles 1 jar Pesto 1 can Black beans 2 cans Whole cranberry sauce 1 can Stewed or diced tomatoes Barbecue Sauce Soy sauce Potato chips Tortilla chips, baked