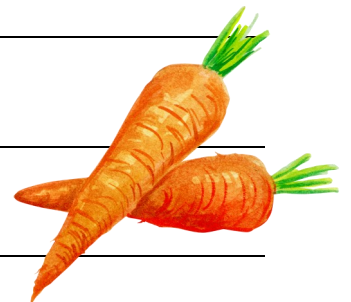


My Weekly Meal Plan



Meal Plan	
Monday	Crock Pot Buffalo Ranch Chicken with carrot and celery sticks
Tuesday	Instant Pot Cauliflower Soup and Tomato Rosemary Bacon Tart
Wednesday	Sweet Potato and Black Bean Enchiladas with Authentic Mexican Rice
Thursday	Crock Pot Pantry Soup with Sweet Onion Tart
Friday	Plan to Eat Out
Saturday	Cajun Bacon Tuna Pasta Bake with roasted broccoli
Sunday	Poor Man's Hamburger Steaks with mashed potatoes and carrots

Notes



Date: Week 1—June

My Weekly Shopping List

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



Produce	Pantry	Meat
1 lg. Lime	1 box Penne pasta	2 Skinless, boneless chicken breasts
1 Garlic bulb	1 box Rotini pasta	1 lb. Boneless chicken
2 Onions	1 pkg. Long-grain white rice	1 lb. Bacon
1 bag or 10-12 Sweet onions	2 cans Cream of Mushroom, condensed	1 lb. Turkey bacon
1 Red onion	1 can Campbell's® Cheddar Cheese soup	2 lbs. Ground beef
1 bunch Green onions	1 - 5 oz. can StarKist® Albacore Tuna	
3-4 lg. UglyRipe® Tomatoes	2 cans Rotel® tomatoes, diced	
Carrots	1 sm. can Tomato sauce	
Celery	1 - 10 oz. can diced tomatoes with green chilies	Dairy
3 stalks Broccoli	1 - 14 oz. can Dark red kidney beans	Eggs
1 head Cauliflower	1 - 16 oz. can Pinto beans	Milk
1 bag Potatoes	2 lg. boxes Chicken broth	Butter
3-4 whole Serrano peppers	1 jar Tomato bouillon cubes	Half & half
3-4 med. Green bell peppers	1 jar Buffalo sauce	Sour cream
1 Red bell pepper	1 bottle Ranch dressing	12 oz. Cheddar cheese
1 bunch Fresh Rosemary	Panko bread crumbs	12 oz. Parmesan cheese
1 bunch Fresh Thyme	Saltine crackers	8 oz. Mexican blend cheese
1 bunch Fresh Oregano	1 bottle Sherry, or red cooking wine	14 oz. Sharp white cheddar
1 bunch Fresh Basil	Herbs/Spices/Oils	1 pkg. Mozzarella cheese, shredded
1 bunch Fresh Cilantro	Olive oil	1 Pie crust
1 bunch Fresh Parsley	Vegetable or Canola oil	
Frozen	Ground white pepper	Household
1 pkg. Diced sweet potatoes	Red pepper flakes	
1 pkg. Peas	Bay leaves	
1 Pkg. Broccoli florets	Ground cumin	
	Chili powder	
	Cajun seasoning	
	Italian seasoning	
	Garlic powder	
	Onion powder	
	Paprika	
	Cayenne pepper	
	Cornstarch	
	All-purpose flour	