



My Weekly Meal Plan

Meal Plan	
Monday	Creamy Cream Cheese Chicken with steamed broccoli and a side salad
Tuesday	Carne Asada Sliders with steamed corn and sliced cucumbers
Wednesday	Grilled Cod with Lemon Thyme and Garlicky Green Beans with Garlic and Herb Rice
Thursday	Chicken Bacon Pasta Salad
Friday	Crock Pot Beefy Ranch Potato Casserole with applesauce
Saturday	Plan to pick up take out
Sunday	Crock Pot Vegetable Lasagna with Caesar salad and garlic bread

Notes



Date: Week 2—May



My Weekly Shopping List

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



Produce	Pantry	Meat
3 Limes	1 pkg. Wide egg noodles	4 boneless skinless chicken breasts
Tomatoes	1 box White rice	1 pkg. thinly sliced Steak
Cherry tomatoes	1 box Low-sodium chicken broth	8 - 3.5 oz. Cod filets
1 Garlic bulb	1 pkg. Mini Farfalle pasta	10 Tyson Lightly Breaded Chicken Strips
3 med.-lg. Onions	1 or 2 cans Sweet corn	Bacon
Cucumbers	1 jar Spaghetti sauce	1.5 lbs. Ground beef
2 Jalapenos	Croutons	
1 pkg. Broccoli slaw mix	1 container Pico de gallo or Salsa	
1 ea. Red & Green bell pepper	1 - 5 oz. box Bacon Ranch Scalloped Potatoes	Dairy
Lettuce	1 jar Applesauce	Eggs
Romaine lettuce	Mustard	Milk
4 small Yellow squash	Mayonnaise	Butter
4 small Zucchini	Ketchup	8 oz. Cream cheese
Fresh Lemon Thyme	Pickle relish	Sharp cheddar cheese
	Sriracha sauce	Pepper Jack cheese
	Caesar dressing	1 lb. block Mozzarella cheese
	White vinegar	Ricotta cheese
	White cooking wine	Prepared Pico de Galo, or salsa
	1 pkg. King's [®] Buns	Prepared Guacamole
		Parmesan cheese
Frozen	Herbs/Spices/Oils	Household
1 pkg. Sweet corn	Olive oil	
1 pkg. Whole green beans	1 envelope Italian dressing mix	
Garlic bread	Garlic powder	
	Cumin	
	Paprika	
	Dried parsley	
	Dried chives	
	Honey	