My Weekly Meal Plan

Meal Plan		Notes
Monday	Chicken Bacon Ranch Tater Tot Casserole with sliced cantaloupe	
Tuesday	Crock Pot Unstuffed Cabbage Rolls with steamed rice	
Wednesday	Plan to Eat Out	
Thursday	Blackened Shrimp Scampi with roasted asparagus	
Friday	Chicken Cauliflower Fried Rice with Sesame Ginger Roasted Broccoli	
Saturday	Cheddar BBQ Burgers with sweet corn and Watermelon Salad	
Sunday	Roast Sticky Chicken with mashed potatoes and roasted Brussels sprouts	

Date: Week 4—June

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

Produce	Pantry	Meat
Cantaloupe	1 box White rice	2 lbs. Boneless skinless chicken breasts
Watermelon	1 box Pasta (any variety)	1 Boneless skinless chicken breast
1 lg. Lime	1 – 14 oz. can Tomatoes, diced	4 lbs. Ground beef, divided (2 lbs. ea.)
1 lg. Orange	2 cans Tomato soup, condensed	1 lb. Large Florida pink shrimp
1 Garlic bulb	1 bottle KC Masterpiece® BBQ sauce	1 pkg. Bacon
1 med. Onion	1 bottle Low-sodium soy sauce	1 lg. (10 lb.) Whole chicken
1 bunch Green onions	1 bottle Liquid smoke	
Potatoes		
Carrots		Dairy
1 bunch Asparagus		Eggs
1 med. head Cabbage		Milk
1 lg. head Cauliflower		Butter
1 pkg. Arugula leaves		Heavy whipping cream
Brussels sprouts		16 oz. Mexican blend cheese, shred- ded
1 knob Fresh Ginger		1 pkg. Cheddar cheese, shredded
		Cheddar cheese, slices
		Feta cheese, crumbled
		Orange juice
Frozen	Herbs/Spices/Oils	Household
1 pkg. Tater tots	Olive oil	
1 pkg. Peas	Sesame oil	
1 pkg. Sweet corn	Garlic powder	
	Onion powder	
	Blackened fish seasoning	
	Red pepper flakes	
	Sesame seeds	
	Lawry's® seasoning salt	
	Paprika	
	Cayenne pepper	
	Dried thyme	
	White pepper	
	Honey	

[©] FLOURONMYFACEC.OM