My Weekly Meal Plan

Meal Plan	
Monday	Szechuan Beef Stir-fry with egg-rolls
Tuesday	Chicken Noodle Casserole with green beans and dinner rolls
Wednesday	Tuna Avocado Wraps with pineapple slices
Thursday	Crock Pot Pepperoni Pizza Meatball Subs with sweet potato fries
Friday	Plan to Eat Out
Saturday	BBQ Chicken Burrito
Sunday	Spinach Ravioli with Garden Vegetable Sauce with garlic bread

Notes

Date: Week 5—June

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My Weekly Shopping List

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

Produce	Pantry	Meat
1 Avocado	1 box White rice	2 Shoulder center cut steaks (8 oz. ea.)
Fresh pineapple	1 – 16 oz. bag Wide egg noodles	5 oz. bag Mini pepperoni
Mango, optional	1-45 oz. jar Ragu® Old World Style Sauce	6 Boneless, skinless chicken breasts
1 Garlic bulb	1 – 15 oz. can Sweet peas	
2-3 med. to lg. Onions	2 – 5 oz. cans Bumble Bee® Albacore Tuna	
1 bunch Green onions	2 cans White chicken breasts	
1 med. Tomato	1 – 10.5 oz. can Cream of chicken soup, condensed	
2 lg. Cucumbers	1 bottle Sesame ginger stir-fry sauce	
1 to 2 Habanero peppers	2 – 24 oz. jars Marinara sauce	**Dairy**
2 med. Yellow squash	Avocado aioli dressing	Eggs
1 med. Zucchini	1 pkg. Dry roasted peanuts	Milk
1 lg. Green bell pepper	1 bottle Mild BBQ sauce	Butter
Lettuce	6 count 12-inch Whole wheat tortillas	Sour cream
1 bunch Fresh Basil	Low-carb wraps or tortillas	10-12 oz. Parmesan cheese, grated
1 bunch Fresh Thyme	Dinner rolls	1 pkg. Mozzarella cheese, shredded
	Slider rolls or buns	1 pkg. Monterey Jack cheese, shredded

Frozen	Herbs/Spices/Oils	Household
1 pkg. Stir fry blend veggies	Olive oil	
1 pkg. Green beans	Italian seasoning	
1 lg. pkg. Meatballs	Crushed red pepper flakes	
Egg rolls	Brown sugar	
1 pkg. Sweet potato fries		
1 pkg. Spinach ravioli		
Garlic bread		

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