



My Weekly Meal Plan

Meal Plan	
Monday	Beef Keema with naan bread and sliced cucumber
Tuesday	Crock Pot Cream Cheese Chicken with steamed broccoli
Wednesday	Chef's Salad with dinner rolls
Thursday	Easy Instant Pot Chicken Tacos with taco shells or tortillas and your favorite toppings
Friday	5 Ingredient Tuna Casserole with fresh fruit
Saturday	Cheddar BBQ Burgers with Asparagus Tomato Pasta Salad
Sunday	Plan to Eat Out

Notes

Be sure to add your favorite taco
toppings to the shopping list.

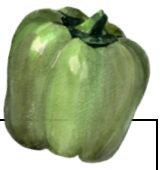
Date: Week 2—July





My Weekly Shopping List

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



Produce	Pantry	Meat
Fresh fruit, your favorites	1 box Pasta, any short variety	3 lbs. Ground beef, divided in 1 lb. pkgs.
1 Garlic bulb	1 box Rigate pasta	6 lbs. Chicken breasts, boneless, skinless
2 - 3 lg. Onions	1 pkg. Wide egg noodles	Deli ham
1 knob Fresh ginger	1 jar Black olives	Deli turkey
1-2 Tomatoes	1 jar Pepperoncini peppers	
Cherry tomatoes	1 jar Salsa	
Green bell pepper	2 - 10 oz. cans Tuna	
1 head Iceberg lettuce	1 - 10.5 oz. can Cheddar cheese soup	
1 lg. head Romaine lettuce	1 lg. box Chicken stock	
2-3 Cucumbers	Breadcrumbs, or flake cereal	
1 Sweet potato	1 - 14 oz. can tomatoes, diced	
Asparagus	1 - 14 oz. can coconut milk, unsweetened	Dairy
1 bunch Fresh cilantro	Mayonnaise	Eggs
1 bunch Fresh parsley	KC Masterpiece® BBQ Sauce	Milk
	Liquid smoke	Butter
	Buttermilk ranch dressing	8 oz. Cream cheese
	Taco shells or tortillas	Provolone cheese, block or slices
	Dinner rolls	Sharp cheddar cheese, shredded
	Naan bread	Cheddar cheeses, slices
	Cooking wine	Parmesan cheese wedge
Frozen	Herbs/Spices/Oils	Household
1 pkg. Broccoli florets	Olive oil	
1 pkg. Peas	Ghee	
	Madras curry powder	
	1 envelope Italian dressing mix	
	1 envelope Taco seasoning	
	Onion powder	
	Garlic powder	
	Lawry's® season salt	