

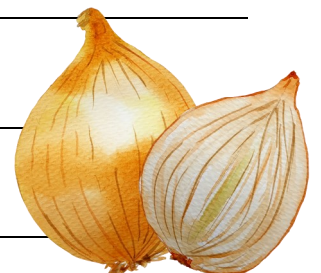
My Weekly Meal Plan



Meal Plan

Notes

Meal Plan	
Monday	Crock Pot Asparagus Chicken over buttered noodles with fresh fruit
Tuesday	Ground Beef and Veggie Stir-fry
Wednesday	Plan to Eat Out
Thursday	Baja Grilled Fish Tacos
Friday	Grilled Vegetable Sandwich with Tangy Deviled Eggs and chips
Saturday	Garden Primavera with Ham with vegetables
Sunday	South of the Border Turkey Burgers with Spanish Rice and Corn on the Cob



Date: Week 4—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 pkg. Egg noodles	4 Chicken breasts, boneless skinless
2 Avocados	12 oz. pkg. Fettuccine	1 lg. Lean ground beef
1-2 Limes	1 jar Mezzetta® Red Hot Chili Pepper Everything Spread	1.5 lbs. Halibut, Mahi-mahi, or other white fish
Garlic bulb, or pre-minced	1 lg. box Chicken broth	1 pkg. Pre-cooked ham
1 knob Fresh ginger	1 box White rice	1 lb. Ground turkey
2 med. Onion	1 jar Salsa	
1 lg. White, 1 Red Onion	Hot sauce	
2 ea. Green and Red bell pepper	1 - 10 oz. Can Diced tomatoes with green chilies	Dairy
1 Hot banana pepper	1 can Black beans	Eggs
2 heads Broccoli	1 can Cream of chicken soup	Milk
Asparagus	1 can Cream of celery soup	Butter
1 pint Mushrooms	Yellow mustard	Heavy whipping cream
1 bag Shredded cabbage	Miracle Whip®	Sour cream
4 Roma tomatoes	Mayonnaise	Medium cheddar cheese, shredded
Carrots	Soy sauce	Parmesan cheese
4-6 Corn on the cob	15 Sm. Corn tortillas	Pepper Jack Cheese, block or cubes
1 bunch Cilantro leaves	Ritz® crackers	Pepper Jack Cheese, sliced
1 Eggplant	Panko bread crumbs	
1 Yellow squash	1 can Sprite®	
1 Zucchini	Potato chips	
1 pkg. Fresh rosemary	Hamburger buns	
Frozen	Herbs/Spices/Oils	Household
1 lg. pkg. Green beans	Olive Oil	
	Vegetable oil	
	Onion powder	
	Lawry's® Seasoned Salt	
	Red Pepper flakes	
	1 pkg. Taco seasoning mix	
	Chili powder	
	Garlic powder	
	Cayenne pepper	
	Ground cumin	
	Brown sugar	
	Baking powder	
	Cornstarch	
	All-purpose flour	