My Weekly Meal Plan

Meal Plan		Notes
Monday	Jamaican Jerk Chicken and Coconut Rice with sautéed asparagus	
Tuesday	Crock Pot Tater Tot Casserole with watermelon slices	
Wednesday	Easy Chicken Korma served with rice and Simple Summer Carrot Salad	
Thursday	BLT Salad with dinner rolls	
Friday	Crock Pot Sloppy Joes with French fries and 5 Bean Salad	
Saturday	Plan to Eat Out	
Sunday	New Orleans Style Barbecue Shrimp with corn on the cob	

Date: Week 2—August



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



Produce Meat **Pantry** 1 bottle Jamaican jerk marinade 1 Watermelon 4 Chicken breasts, boneless 1 bottle Louisiana hot sauce 1 Lemon 1 Pineapple 1 box Long-grain rice 3 lbs. Ground beef, divided 1 Avocado 1 can Coconut milk 1 lb. Bacon 1.5 lbs. Florida pink Gulf shrimp, 2 lg. Onions 1 can Black beans de-headed 1 can Rotel® original diced tomatoes 1 Red onion **Dairy** 1 Serrano or Jalapeno pepper 1 – 10 oz. can Cream of celery soup Garlic bulb 1 pkg. Walnut halves Eggs 1 can Cashews (or almonds) Milk 1 bunch Asparagus 1 can Almonds Butter Lettuce 2-3 Tomatoes 1 pkg. Coconut, shredded 48 oz. Cheddar cheese, shredded 1 - 8 oz. container dairy free yogurt 1 pkg. cherry or grape toma-1 pkg. Cranberries, dried or kefir toes 1 - 15 oz. can Cannellini beans 1 lg. pkg. Carrots 1 - 15 oz. can Garbanzo beans Herbs/Spices/Oils 1 pkg. Celery Corn on the cob 1 - 15 oz. can Dark red kidney beans Extra Virgin Olive oil 1 bunch Fresh parsley 1 - 14 oz. can Golden wax beans Kosher salt 1 - 14 oz. can Green beans, cut 1 knob Fresh ginger Turmeric Worcestershire sauce Dried onion Frozen Yellow mustard Garlic powder 1 pkg. French fries Ketchup Chili powder Hellmann's® Real Mayonnaise 1 lg. bag Tater tots Creole seasoning Creamy salad dressing (any variety) Jamaican jerk spice seasoning Garam Masala White vinegar Household White cooking wine Ground cumin Ground coriander Apple cider vinegar 1 pkg. Whole wheat bread, or Cayenne pepper sprouted grain bread Hamburger buns Sugar Dinner rolls Brown sugar