

# My Weekly Meal Plan



## Meal Plan

## Notes

Monday	Smothered Pork Chops with Garlic Potatoes and applesauce
Tuesday	Fajita Veggie Quesadillas with Instant Pot Refried Beans
Wednesday	Crock Pot Buffalo Ranch Chicken Casserole with carrots and celery sticks and ranch dip
Thursday	Tuna Avocado Lettuce Wraps with Broccoli and Tomato Pasta
Friday	Easy Crock Pot Pepper Steak with rice and steamed broccoli
Saturday	Grilled Chicken & Veggie Foil Packs
Sunday	Plan to Eat Out

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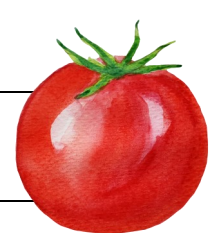
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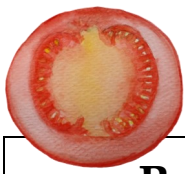
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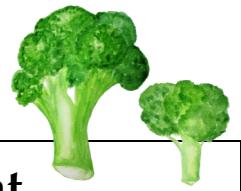


Date: Week 3—August



# My Weekly Shopping List

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



Produce	Pantry	Meat
1 Avocado	1 box Penne pasta	4 Center cut pork chops, bone-in
1 Shallot	1 box Tri-colored pasta	2 Chicken breasts, boneless
16 oz. Mushrooms	1 box White rice	2.5-3 lbs. Beef stew meat
1 Vidalia onion	16 oz. Beef broth	2 Chicken leg quarters per person
2 med. White or sweet onions	16 oz. Chicken broth	
1 jar Chopped garlic	2 - 1 lb. bags Pinto beans, dried	
3 lbs. Red potatoes	Ranch dressing	
2 lg. Red, yellow & 3 lg. green bell peppers	Creamy Vidalia Onion Dressing	
Summer squash	1 bottle Buffalo sauce	
Carrot sticks	1 can Campbell's® Cheddar Cheese soup	
Celery sticks	1 can Ocean Naturals Skipjack or Albacore Tuna	<b>Dairy</b>
1 sm. Tomato	Miracle Whip®	
1 pkg. Cherry tomatoes	White vinegar	Eggs
1 Roma tomato	Soy sauce	Milk
1 head Lettuce	Flour tortillas	Butter
1 pkg. Baby carrots		48 oz. Mexican cheese, shredded
Corn on the cob	<b>Herbs/Spices/Oils</b>	
3 Red potatoes		Extra virgin olive oil
1 head Broccoli	Vegetable oil	
	Garlic powder	
	Paprika	
<b>Frozen</b>	Fajita seasoning	<b>Household</b>
1 pkg. Pepper stir-fry mix	Chili powder	
1 pkg. Broccoli florets	Oregano	
	Bay leaves	
	Cayenne pepper	
	Cumin	
	Onion powder	
	Sugar	
	Cornstarch	
	All-purpose flour	