

# My Weekly Meal Plan



Meal Plan	
Monday	Ground Turkey Burrito with Nacho chips & salsa
Tuesday	Crock Pot Stuffed Cabbage Rolls served with mashed potatoes
Wednesday	Thai Shrimp Salad
Thursday	Crock Pot Creamy Italian Chicken with Penne Pasta and fresh fruit
Friday	Plan to Eat Out
Saturday	Grilled Beef Kebabs served with quinoa
Sunday	Crock Pot BBQ Cranberry Chicken Sliders with Coleslaw and sweet potato fries

## Notes

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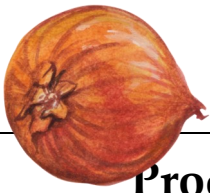
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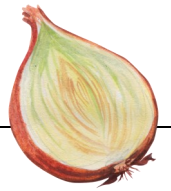


Date: Week 5—August



# My Weekly Shopping List

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



<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
1 Avocado	1 box Penne pasta	1 lb. Ground turkey
2 Limes & 1 Lemon	Quinoa	1 lb. Ground beef
Favorite fruit	1 can Whole cranberry sauce	8 oz. Raw shrimp, peeled & deveined
1 bunch Green onions	1 box Chicken stock	8 Chicken breasts, boneless, packaged by 4 to a pack
1 Garlic bulb	1 box Minute® rice	1 lb. Sirloin steak
2 Sweet & 1 Yellow onion	1 box Long-grain white rice, Jasmine	
1 Green bell pepper	1 lg. (family size) can Campbell's® Tomato Soup	<b>Dairy</b>
1 Serrano pepper	1 pkg. Tomato bouillon	Eggs
1 Jalapeno pepper	1 jar Salsa	Milk
Carrots	1 jar or tube Tomato paste	Butter
2-3 lg. Tomatoes	1 lg. (family size) can Cream of Chicken soup	Buttermilk
Roma tomatoes	1 jar Creamy peanut butter	Colby Jack cheese, shredded
1 head Red cabbage	1 pkg. Toasted almond slices	8 oz. Cream cheese
2 med. head Green cabbage	Wonton strips	1 tub Plain yogurt
1 Napa or Savoy cabbage	Soy sauce	
Iceberg lettuce	Gochujang paste	<b>Herbs/Spices/Oils</b>
Fresh spinach	1 can Coconut milk	Olive oil
4-5 med. Potatoes	1 bottle BBQ sauce (any variety)	Chili powder
Zucchini or summer squash	Hellman's® Mayonnaise	Smoked paprika
Carrots	1 jar Fish sauce	Garlic powder
1 pkg. Edamame	White vinegar	Onion powder
1 bunch Fresh cilantro	10 Flour tortillas	Ground turmeric
1 knob Fresh ginger root	Nacho chips	Garam Masala
Fresh mint leaves	Sweet Hawaiian rolls	Dry minced onion
<b>Frozen</b>	<b>Household</b>	Cumin powder
1 pkg. Sweet potato fries		Cayenne pepper
		1 pkg. Italian dressing
		Honey
		Sugar