

My Weekly Meal Plan

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Meal Plan		Notes		
Monday	Crock Pot Beef Broccoli with steamed white rice			
Tuesday	Crock Pot Mexican Cornbread Casserole with a side salad			
Vednesday	Easy Chicken Parmesan with steamed broccoli			
Thursday	Crock Pot Summer Squash Soup with Avocado Veggie Salad			
Friday	Plan to Eat Out			
Saturday	Crock Pot Shrimp Sausage Jambalaya served over white rice and corn on the cob			
	Easy One Pot			

Chicken Provencal served with buttered noodles

Date: Week 1—September

Sunday

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

Produce	Pantry	Meat	
1 avocado	1 box white rice	2 lbs. beef stew meat	
1 lime	1 lb. box penne pasta	1 lb. ground beef	
1 lemon	1 box egg noodles	4 boneless, sinless chicken breasts	
2–3 shallots	1 box beef broth	12 oz. Cajun style andouille sausage	
1 garlic bulb	1 box chicken broth	1 lb. large peeled & deveined shrimp	
3 med. onions	1 bottle oyster sauce	6 skin-on chicken thighs	
1 pint cremini mushrooms	1 bottle soy sauce		
carrots	1 jar Hellmann's® Real Mayonnaise		
2 cucumbers	1 box Italian seasoned bread crumbs		
1 head of lettuce	1 - 16 oz. can creamed corn		
2 tomatoes	1 jar taco sauce		
1 med. green bell pepper	1 – 24 oz. jar Ragu Parmesan & Ro- mano sauce	Dairy	
1-2 yellow squash	1 - 40oz can diced green chilies	eggs	
1-2 zucchini	1 – 28 oz. can diced tomatoes	milk	
1-2 bunches broccoli	1 jar artichokes hearts	butter	
1 bunch celery	1 bottle white wine	sour cream	
whole Kalamata olives	bakery bread (dill rye recommended)	Mexican blend or cheddar cheese, shredded	
corn on the cob		1 wedge parmesan cheese	
1 knob fresh ginger			
1 bunch fresh parsley			
1 munch bay leaves	Herbs/Spices/Oils		
1 bunch fresh tarragon	olive oil		
1 bunch fresh dill	sesame oil		
Frozen	vegetable	Household	
1 pkg. broccoli	dried dill weed		
	Cajun seasoning		
	brown sugar		
	cornstarch		
	self-rising cornmeal		

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