



Meal Plan		Notes
Monday	Crock Pot Cheesy Meatloaf mashed potatoes and steamed green beans	
Tuesday	Roasted Pepper and Chicken Fajitas	
Wednesday	Instant Pot Mushroom Stroganoff with Tuscan Tomato and Mozzarella Salad	
Thursday	Loaded Chicken Breasts with baked sweet potato and applesauce	
Friday	Grilled Fish Tacos with Smoky Lime Crema with refried black beans	
Saturday	Crock Pot Hawaiian BBQ Ribs with Best Baked Beans and sliced watermelon	
Sunday	Plan to Eat Out	
Date: Week 2—Septe	mber	



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



Produce	Pantry	Meat
	1 box instant rice	1.5 lbs. ground beef
Fresh fruit, your favorite variety	1 – 15 oz. bottle of Bourbon Chicken Sauce	2–3 lbs. boneless, skinless chicken breasts or thighs
2 green peppers	1 box white rice	1 –2 boneless, skinless chicken breasts
1 garlic bulb	1 box panko bread crumbs	8 thin, boneless, pork chops
garlic puree	1 pkg. tri-color quinoa	1 lb. bacon
green onions	1 – 48 oz. pkg. pasta sauce	8 oz. deveined shrimps
2–3 onions	1 – 12–16 oz. spaghetti sauce	
1 bunch asparagus	1 can condensed cream of chicken soup	
1 bunch celery	1 – 8 oz. can chick peas	
carrots	1 can no-salt corn	Dairy
lettuce	1 bottle white balsamic vinegar	eggs
tomatoes	1 box Ritz® crackers	milk
1 pint cherry tomatoes		butter
cucumbers		sour cream
4 sm. yellow squash		16 oz. cheddar cheese, shredded
6 sm. zucchini		16 oz. mozzarella cheese, shredded
1 bunch fresh parsley		1 lb. block mozzarella cheese
1 knob fresh ginger	Herbs/Spices/Oils	1 lb. tub ricotta cheese
1 bunch fresh basil	olive oil	
	vegetable oil	
Frozen	garlic powder	Household
1 pkg. stir-fry vegetables	garlic salt	
1 pkg. California vegetables	Pappy's seasoning	
1 pkg. peas	paprika	
Simply Potatoes® Steakhouse Seasoned Diced Potatoes	dried oregano	
garlic bread	ground coriander	

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