

# My Weekly Meal Plan



Meal Plan	
Monday	Crock Pot Cheesy Beef Spaghetti with side salad
Tuesday	Crock Pot Bourbon Chicken with steamed rice and sautéed stir-fry vegetables
Wednesday	Ritz Cracker Pork Chops with Cheesy Bacon Garlic Potatoes and steamed California mixed vegetables
Thursday	Plan to Eat Out
Friday	Crock Pot Vegetable Lasagna with garlic bread and roasted asparagus
Saturday	Slow Cooker Creamy Chicken and Rice served with fresh fruit
Sunday	Shrimp Foil Packets with Tri-color Quinoa Salad

## Notes

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Date: Week 3—September





# My Weekly Shopping List

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



Produce	Pantry	Meat	
1 lime	1 box or pkg. Spanish rice	2 lbs. ground beef	
Avocado	1 pkg. fusilli pasta	4 boneless, skinless, chicken breasts	
variety red, yellow, and green poblano peppers	1 box Italian bread crumbs	1 pkg. Tyson® grilled & ready chicken strips	
1 sweet red pepper	2 cans Campbell's® tomato soup	1 pkg. bacon	
1 jalapeño pepper	1 jar salsa	1 lb. white flaky fish, like Mahi-Mahi	
1 bulb garlic	1 jar soy sauce	1 pkg. hot dog wieners	
4-5 med. onions	1 - 6 oz. jar large black olives	4-5 lbs. slab of pork ribs	
1 - 12 oz. pkg. heirloom grape tomatoes	1 bottle teriyaki sauce		
1 pint mushrooms	applesauce		
1 bag Russet potatoes	2 - 15 oz. cans black beans		
Variety red, yellow, and green poblano peppers	1 bottle Sweet Baby Ray's® Hawaiian Style BBQ Sauce	<b>Dairy</b>	
sweet potatoes	1 can pineapple bits		eggs
1 pkg. coleslaw mix	1 bottle Heinz® Ketchup	milk	
1 bunch fresh parsley	1 bottle yellow mustard	butter	
1 bunch fresh thyme	bacon bits	sour cream	
1 bunch fresh rosemary	2 - 53 oz. cans of Van® Pork and Beans	Mexican crema	
1 bunch fresh oregano	8 corn or flour tortillas	cheddar cheese, shredded	
1 bunch fresh basil		shredded cheese, your choice	
1 bunch fresh cilantro		1 - 8 oz. pkg. mozzarella balls	
	<b>Herbs/Spices/Oils</b>	1 wedge fresh parmesan cheese	
		olive oil	
		red pepper flakes	
<b>Frozen</b>		red pepper & garlic herb seasoning	<b>Household</b>
1 pkg. green beans	smoked paprika		
	pork rub		
	brown sugar		