



My Weekly Meal Plan



Meal Plan

Notes

Monday	Korean Beef Bowl with steamed broccoli
Tuesday	Instant Pot Salsa Chicken Tacos
Wednesday	Plan to Eat Out
Thursday	Old School Cafeteria Pizza with fresh vegetable platter and ranch dressing
Friday	Creamy Tuna Noodle Casserole with side salad
Saturday	Crock Pot Honey BBQ Buffalo Wings and Crock Pot Macaroni and Cheese
Sunday	Crock Pot Salsa Verde Beef Stew with tortillas and favorite toppings

Date: Week 4—September





My Weekly Shopping List

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



Produce	Pantry	Meat
1 lemon	1 box white rice	3 lbs. lean ground beef, divided
	1 pkg. egg noodles	4 boneless, skinless, chicken breasts
1 red onion	1 box elbow macaroni	1/2 lb. milk Italian sausage
2-3 lg. onions	1 bottle spicy mustard	5 lbs. chicken wings
1 garlic bulb	1 bottle soy sauce	2.5 lbs. beef stew meat
2 sweet bell peppers	1 jar peach mango salsa	
cucumbers	1 - 12 oz. can tuna	
carrots	2 - 15.4 oz. cans black beans	
celery	1 - 15.4 oz. can pinto beans	
grape tomatoes	1 jar salsa Verde	
lettuce	1 can stewed tomatoes	
	2 can tomato paste	
Herbs/Spices/Oils	2 - 10 oz. cans Rotel® tomatoes with chili peppers	Dairy
olive oil	1 bottle red wine vinegar	eggs
sesame oil	panko bread crumbs	milk
ground ginger	1 bottle BBQ sauce	butter
red pepper flakes	Frank's® Buffalo Wing Sauce	half and half
sesame seeds	1 bottle buttermilk ranch dressing	sour cream
lemon pepper seasoning	1 container instant dry milk	1.5 lbs. cheddar cheese, shredded
dried oregano flakes	1 can evaporated milk	4 oz. American cheese
dried basil	2 pkgs. flour tortillas	1 box Velveeta® cheese
dried marjoram		4 oz. Tillamook medium cheddar cheese
dried parsley		4 oz. mozzarella cheese
ground cumin		1 - 8 oz. container Greek yogurt
chili powder		
cornstarch	Frozen	Household
1 pkg. quick dry yeast	1 pkg. broccoli florets	
all-purpose flour	1 pkg. peas	
cornmeal		
brown sugar		
sugar		
honey		