

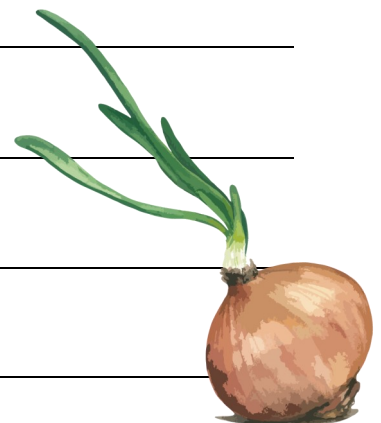
My Weekly Meal Plan



Meal Plan

Notes

Monday	Herbed Salmon with Dijon Mustard served with Instant Pot Green Beans and Potatoes
Tuesday	Crock Pot Stuffed Bell Peppers with white rice and steamed corn
Wednesday	Fall Pizza with Sausage and Squash served with applesauce
Thursday	Instant Pot Chicken and Wild Mushroom Soup with Irish Soda Bread
Friday	Plan to Eat Out
Saturday	Crock Pot Chicken Cordon Blue and Vegan Fall Harvest Salad
Sunday	Mexican Enchilada Noodle Bake with Zesty Cilantro Salad



Date: Week 1—November



My Weekly Shopping List

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



	Pantry	Meat
1-2 Lemons	1 box Long-grain white rice	12 oz. Salmon filets
1 Apple	1 pkg. Broad and flat noodles	1 pkg. diced ham (or use a ham hock)
Pomegranate seeds	1 jar Enchilada sauce	2.5 lbs. Ground beef (divided)
1 Garlic bulb	2 cans Cream of chicken soup	1 pkg. Hot Italian sausages
2 Sweet onions	2 cans Tomato sauce	1-2 lbs. Chicken breasts, boneless
1 White onion	1 box Chicken broth, low-sodium	4 Chicken breast halves, boneless
7 lg. Green bell pepper	1 lg. box Vegetable broth	Deli ham
1 bag Carrots	1 box Chicken broth, low-sodium	Dairy
8 oz. Baby Portobello mushrooms	Maple syrup	Eggs
1 bunch Celery	Dijon mustard	Milk
1 bag New baby potatoes	Applesauce	Butter
1 med. Hokkaido pumpkin	1 bottle Rice wine vinegar	Buttermilk
1 pkg. Curly kale	1 bottle Apple cider vinegar	16 oz. Mozzarella cheese, shredded
1 head Romaine lettuce	1 bottle garlic wine vinegar	8 Swiss cheese slices
1/2 lb. Brussels sprouts		16 oz. Cheddar or longhorn cheese
Tomatoes		Sour cream
Cucumbers		
1.5 lbs. Fresh green beans		
1 pkg. Fresh rosemary		Pizza dough
1 bunch Fresh chives		
1 bunch Fresh oregano		
1 bunch Fresh thyme		
1 bunch Fresh cilantro		
1 pkg. Dried cranberries	Herbs/Spices/Oils	Household
Frozen	Olive oil	
1 pkg. Corn	Olive oil spray	
	Vegetable oil	
	Italian seasoning	
	Bay leaves	
	Lawry's® seasoned salt	
	Cornstarch	
	All-purpose flour	