



# My Weekly Meal Plan



| Meal Plan |   |
|-----------|---|
| Monday    | Crock Pot Chicken Artichoke Casserole with a side salad         |
| Tuesday   | Instant Pot® Stuffed Pepper Soup with grilled cheese sandwiches |
| Wednesday | Plan to Eat Out   |
| Thursday  | One Pan Roasted Salmon with Potatoes with Apple Spinach Salad   |
| Friday    | Crock Pot Pork Chalupas   |
| Saturday  | Oven Fried Chicken with mashed potatoes and steamed corn        |
| Sunday    | Portobello Mushroom Stroganoff with a side dish of applesauce   |

## Notes

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Date: Week 1—December



# My Weekly Shopping List

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

| Produce                          | Pantry                                   | Meat                                    |
|----------------------------------|--|---|
| 1 lemon (or bottled juice)       | 1 box bowtie pasta                       | 1.5 lbs. boneless chicken breasts       |
| 2 lg. apples                     | 1 box instant white rice                 | 1 lb. lean ground beef,                 |
| 1 garlic bulb                    | 1 - 32 oz. box vegetable broth           | 4 - 6 oz. salmon filets                 |
| 1 sm. onion                      | 1 - 32 oz. box beef broth                | 2-3 lb. boneless pork shoulder or loin  |
| 1 sm. red onion                  | 1 can artichoke hearts                   | 8-10 pieces of chicken thighs with skin |
| 1 lg. sweet onion                | 1 can diced tomatoes                     |   |
| 2 large green bell peppers       | 1 - 24 oz. can crushed tomatoes          |   |
| 2 lbs. baby Portobello mushrooms | 1 jar sun-dried tomatoes in olive oil    | <b>Dairy</b>                            |
| 2 pkgs. baby spinach             | 1 can cream of chicken soup              | eggs                                    |
| lettuce                          | 2 - 15 oz. cans pinto beans              | milk                                    |
| 2-3 tomatoes                     | 1 - 4 oz. green chilies                  | butter                                  |
| cucumbers                        | salsa verde                              | sour cream, light                       |
| carrots                          | 1 jar or can black olives                | 5 oz. goat cheese, or feta              |
| 1 bunch fresh thyme              | 1 bottle white wine or white grape juice | 16 oz. cheddar cheese, shredded         |
| 1 bag potatoes                   | champagne vinegar                        | 24 oz. Mexican blend cheese, shredded   |
|                                  | Dijon mustard                            | 1 pkg. sliced cheese                    |
| <b>Herbs/Spices/Oils</b>         | Worcestershire sauce                     |   |
| olive oil                        | 1 jar applesauce                         |   |
| Italian seasoning                | tortillas                                |   |
| ground white pepper              | sandwich bread                           |   |
| dried dill                       |  |   |
| dried oregano                    |  |   |
| dried thyme                      | <b>Frozen</b>                            | <b>Household</b>                        |
| dried rosemary                   | 1 pkg. sweet corn                        |   |
| ground cumin                     |  |   |
| dried oregano                    |  |   |
| chili powder                     |  |   |
| paprika                          |  |   |
| 1 pkg. walnut or pecan halves    |  |   |
| 1 pkg. dried cranberries         |  |   |
| 1 pkg. light brown sugar         |  |   |
| honey or maple syrup             |  |   |
| all-purpose flour                |  |   |