

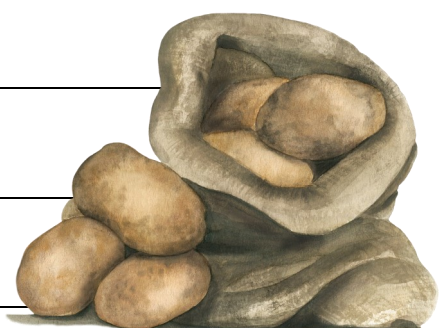


My Weekly Meal Plan



Meal Plan	
Monday	Crock Pot Chicken Artichoke Casserole with French fries and apple slices
Tuesday	Instant Pot® Chicken and Broccoli served with rice
Wednesday	Jerk Spiced Shrimp Tacos with my Refried Black Beans
Thursday	Crock Pot Zuppa Toscana with crusty French bread
Friday	Crock Pot Ravioli Lasagna with steamed asparagus
Saturday	Plan to Eat Out
Sunday	Crock Pot Honey BBQ Pork Loin with 5 bean salad and roasted potatoes

Notes



Date: Week 2—December



My Weekly Shopping List

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



Produce	Pantry	Meat
2-3 Apples	1 box or pkg. long grain white rice	1 lb. ground beef
1 lime	2 - 32 oz. boxes chicken broth	1 1/2 to 2 lbs. boneless chicken
1 mango	1 jar marinara sauce	1/2 lb. raw shrimp
green onions	soy sauce	1 pkg. mild Italian sausage
1 garlic bulb	1 jar salsa	1 lb. bacon
4 sm. onions	2 - 15 oz. cans black beans	3 lb. boneless pork roast
1 red onion	1 - 15 oz. can cannellini beans	
1 knob fresh ginger	1 - 15 oz. can red kidney beans	Dairy
kale	1 - 15 oz. can garbanzo beans	eggs
1 bunch broccoli	1 - 15 oz. can golden wax beans	milk
carrots	1 - 14 oz. can green beans	butter
red cabbage	1 bottle BBQ sauce	heavy cream
1 bunch fresh cilantro	white vinegar	sour cream
1 bag potatoes	tortillas	16 oz. ricotta cheese
1 bunch asparagus	Kaiser rolls	1 box Velveeta® cheese
		8 oz. mozzarella cheese, shredded
Frozen	Herbs/Spices/Oils	Household
1 pkg. French fries	olive oil	
	sesame seed oil	
	sesame seeds	
	red pepper flakes	
	ground allspice	
	dried thyme	
	cayenne pepper	
	ground cinnamon	
	dried parsley	
	cornstarch	
	sugar	
	dark brown sugar	
	honey	