

My Weekly Meal Plan

Meal Plan		Notes
Monday	Crock Pot Creole Chicken with steamed corn	
Tuesday	Plan to Eat Out	
Wednesday	Crock Pot Chicken Alfredo Pizza with steamed peas and carrots	
Thursday	Easy Crock Pot Chili with a vegetable crudité platter and Christmas cookies for dessert	
Friday	All of your favorites for Christmas dinner	
Saturday	Crock Pot Pineapple Char Sui Pulled Pork with Asian Slaw	
Sunday	Lemon Paprika Tilapia and white rice	

Date: Week 3—December

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	Christmas dinner turkey, ham, or other favorite meat
1 bulb of garlic	1 – 28 oz. can whole tomatoes	1 – 2 lbs. chicken breasts, boneless
2-2 sm. to med. onions	1 – 14.5 oz. can stewed tomatoes	1–2 chicken breasts (or use a pre–cooked rotisserie chicken)
green onions	2 – 15 oz. can dark kidney beans	2 lbs. ground beef
red and green bell peppers	2 lg. boxes chicken broth	4-5 lb. pork shoulder, boneless
black olives, (or use canned)	1 jar Alfredo sauce	1 lb. whole tilapia filets
1 knob fresh ginger	1 – 20 oz. can pineapple chunks in juice	
Favorite vegetables for a veggie tray	hoisin sauce	Dairy
1 head red cabbage	soy sauce	eggs
1 celery stalk	rice wine vinegar	milk
		butter
		8 oz. parmesan cheese, shredded
		8 oz. mozzarella cheese, shredded
		1 can Pillsbury® pizza dough
Frozen	Herbs/Spices/Oils	Notes
1–2 pkgs. sweet corn	olive oil	Be sure to list any additional needed ingredients for your holiday celebration
1 pkg. mixed peas and carrots	sesame oil	
2 – 10 oz. pkgs. white rice	red pepper flakes	
	bay leaves	
	Chinese 5 spice	
	2 pkgs. Chili-O® chili seasoning	
	paprika	
	cornstarch	
	orange blossom honey	

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