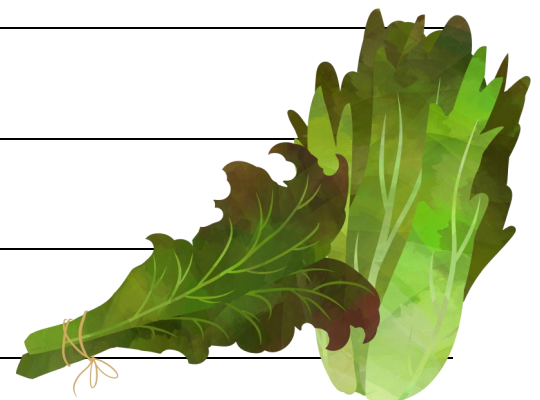


My Weekly Meal Plan



Meal Plan	
Monday	Low Carb Cheeseburger and Cauliflower Casserole with side salad
Tuesday	Easy Szechuan Chicken Lo Mein
Wednesday	Crock Pot Spicy Cowboy Sausage Soup with Apple Cinnamon Oat Muffins
Thursday	Holiday Cheese Platter with appetizers for a wonderful New Year's Eve
Friday	Instant Pot Black-eyed Peas and Skillet Cornbread with southern greens
Saturday	Easy Baked Salmon with Soy Sauce and Maple Syrup with Sesame Ginger Roasted Broccoli and rice pilaf
Sunday	Plan to Eat Out

Notes



Date: Week 4—December



My Weekly Shopping List

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



Produce	Pantry	Meat
1-2 medium apples	16 oz. pkg. stone ground cornmeal	1 lb. ground meat
1 knob fresh ginger	1 lb. dried black-eyed peas	2 chicken breasts, boneless, skinless
1 garlic clove	1 - 15 oz. mini corn on cob	1 lb. hot Italian pork sausage
2 lg. onion	1 - 15 oz. can pinto beans	32 oz. ham, diced or hambone (use leftovers if you have available)
1 green bell pepper	1 - 15 oz. can navy beans	12 oz. fresh or frozen salmon filets
	1 - 32 oz. box chicken broth, or beef	
2-3 heads broccoli	1 - 48 oz. box chicken stock	
1 pkg. collard greens	1 - 10 oz. can Rotel Original diced tomatoes and chilies	Dairy
1 lg. head cauliflower	1 box whole oats	eggs
lettuce	K.A.M.E® wide lo-Mein noodles,	milk
tomato	1 jar pickled jalapeño peppers	butter
carrots	soy sauce	heavy cream
cucumbers	maple syrup	buttermilk
	1 pkg. rice pilaf	8 ox. cream cheese
		2 - 16 oz. pkgs. shredded cheddar cheese
Frozen	Herbs/Spices/Oils	Household
1 - 16 oz. bag Asian veggies	olive oil	<i>Be sure to list any ingredients you need for a New Year's Eve celebration.</i>
	sesame oil	
	sesame seeds	
	steak seasoning	
	chili powder	
	bay leaves	
	red pepper flakes	
	ground cinnamon	
	sugar	
	brown sugar	
	baking soda	
	baking powder	
	all-purpose flour	