



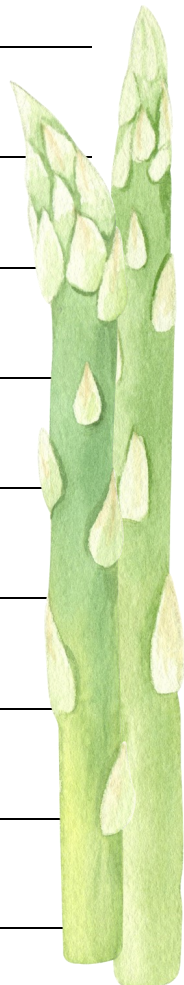
My Weekly Meal Plan



Meal Plan

Notes

Monday	Thai Chicken Stir Fry with Asian noodles
Tuesday	Easy Crock Pot Chicken Parmesan with steamed asparagus
Wednesday	Pork Apple Wilted Spinach Quinoa Bowls
Thursday	Crock Pot Tamale Pie with sour cream and side salad
Friday	Crock Pot Loaded Potato Soup with grilled cheese sandwiches
Saturday	Shrimp Po Boy Sandwiches with Tri-Color Quinoa Salad
Sunday	Plan to Eat Out



Date: Week 3—November

My Weekly Shopping List

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



Produce	Pantry	Meat
1 Lime	1 pkg. Tri-colored quinoa	1 lb. Chicken breast
1 Apple	1 box Jiffy® cornbread mix	3-4 Chicken breast boneless, skinless
1 Garlic bulb	1 - 15 oz. can Black beans	1 Marinated Pork Tenderloin (Hardwood Smoked Bacon & Cracked Black Pepper Loin)
2 sm. Onions	1 - 15 oz. can Southwestern corn	1 1/2 lbs. Ground beef
1 bunch Green onions	1 - 10 oz. can Enchilada sauce	1 lb. Bacon
1 Bell pepper	1 can Chick peas	1 1/4 lbs. Large raw shrimp, cleaned
Cucumber	1 can Corn	
1 bag Carrots	Italian style bread crumbs	
1 pkg. Snow peas	1 box Rotini pasta	
1 bunch Celery	1 24 oz. jar Pasta sauce	
2 bunches Asparagus	1 - 10 oz. can Rotel Diced Tomatoes with Green Chilies	Dairy
1 bag Spinach leaves	1 lg. box Chicken broth	Eggs
Idaho® baking potatoes	Spicy honey mustard dressing	Milk
Lettuce	Dijon mustard	Butter
2-3 Tomatoes	Mayonnaise	Sour cream
1 bunch Fresh basil	Tobasco® sauce	Parmesan cheese
1 bunch Fresh thyme	White balsamic vinegar	Mozzarella cheese
	Peanut butter	Mexican style cheese, shredded
	1 can of Coconut milk	Sharp cheddar cheese, shredded
	1 bottle Soy sauce	
	Peanuts	
	Ramen, Asian or Spaghetti noodles	
	4 - 6 inch Baguettes	
Frozen	Herbs/Spices/Oils	Household
	Olive oil	
	Ground cumin	
	Garlic powder	
	Cornstarch	
	All-purpose flour	