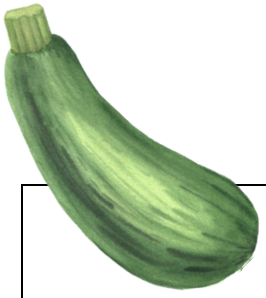
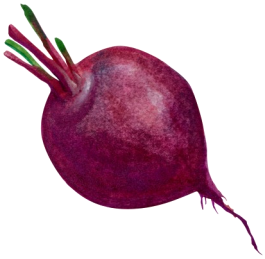
# My Weekly Meal Plan





| Meal Plan | |
|---|---|
| Monday | Crock Pot Pepper Steak with Classic Vegetable Fried Rice |
| Tuesday | Lemon Shrimp Pasta with Tuscan Tomato Mozzarella Salad. |
| Wednesday | Crock Pot Creamy Chicken Salsa with steamed corn |
| Thursday | Happy Thanksgiving See this Thanksgiving menu |
| Friday | Friday – Plan to Eat Out |
| Saturday | Leftover Turkey Crock Pot Three Bean Turkey Soup |
| Sunday | Italian Stuffed Zucchini Boats add a side salad |

## Notes

Thanksgiving menu link:

https://flouronmyface.com/thanksgiving-menu-and-how-I-bake-turkey

Date: Week 4—November

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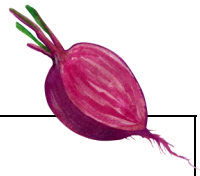
# My Weekly Shopping List

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



| Produce | Pantry | Meat |
|---|---|---|
| 1 Lemon | 1 box White rice | 2 1/2 – 3 lbs. Beef stew meat |
| 3–4 Onions | 1 pkg. Long grain white rice | 8 ounces salad shrimp |
| 1 Garlic bulb | 1 box Spaghetti noodles | 1.5 lbs. Chicken breasts, boneless |
| 1 bag Carrots | 1 – 16 oz. jar Salsa | 24 oz. Cooked turkey (or use leftover) |
| 1 Red bell pepper | 1 lg. box Beef broth | 2 slices prosciutto |
| 3 sm. Sweet peppers | 1–2 lg. boxes Chicken broth | |
| 2 Green zucchinis | 1 – 6 oz. can Black olives, extra large | **Dairy** |
| 2 Tomatoes | 1 can Black beans | Eggs |
| Lettuce | 2 cans Italian style stewed tomatoes | Milk |
| 1 – 12 oz. package Heirloom grape tomatoes | 1 – 15.5 oz. can Red kidney beans | Butter |
| 1 bunch Fresh thyme | 15.5 oz. can pinto beans | Sour cream |
| 1 bunch Fresh rosemary | 15.5 oz. can navy beans | Parmesan cheese |
| 1 bunch Fresh oregano | 1 jar Pureed ginger | 1 – 8 oz. pkg. Fresh mozzarella balls |
| | 1 jar Chili paste | Shredded cheddar cheese |
| | 1 bottle Coconut amino | |
| | 1 bottle Soy sauce | **Thanksgiving menu** |
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| **Frozen** | **Herbs/Spices/Oils** | |
| 1 – 14 oz. bag Pepper Stir Fry Mix | Olive oil | |
| 1 bag Peas | Sesame oil | |
| 1 bag Corn | Sesame Seeds | |
| | Lemon pepper | |
| | Italian seasoning | |
| | Basil | |
| | Bay leaves | |
| | 1 envelope Taco seasoning | |
| | Cornstarch | |

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