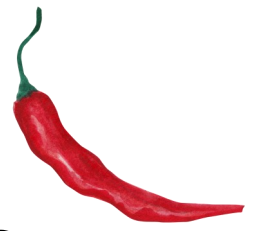




My Weekly Meal Plan



Meal Plan	
Monday	Chicken and Sausage Gumbo with Jalapeno Cheddar Skillet Cornbread
Tuesday	Crock Pot Sloppy Joes with tater tots and fresh apple slices
Wednesday	Plan to Eat Out
Thursday	Ham and Cheese Tortellini Sautéed Asparagus and Tomatoes
Friday	Crock Pot Beef Vegetable Soup with garlic bread
Saturday	Tuna Noodle Casserole with carrot and celery sticks
Sunday	Crock Pot Rosemary Chicken and Vegetable Medley with a Homemade Cream Sauce

Notes



Date: Week 5—November



My Weekly Shopping List

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



Produce	Pantry	Meat
Apples	1 box White rice	16 pieces Chicken thighs
1 Garlic bulb	2 lg. box Beef broth	2 lbs. Spicy sausage
1 Shallot	1 pkg. med. Egg noodles	5-pound Roasting chicken
5 Onions	1 lg. box Chicken broth	3 lbs. Ground beef
1 bunch Green onions	1 box. Chicken stock	Black Forest deli ham, slices
1 bunch Celery	Chicken bullion cubes	1 lb. Bacon
2-3 Orange Bell	2 cans Peas	1 1/2 lbs. Lean beef stew meat
1/2 lb. Okra	1 can Cannellini beans	
Cherry tomatoes	1 jar Jalapeño peppers	
1 bunch Asparagus	Yellow mustard	
2-3 ea. Green, red, orange and yellow bell peppers	1 - 14.5 oz. can Hunt's® Diced Roasted Tomatoes	Dairy
1 small Yellow squash	Ketchup	Eggs
1 small Zucchini	1 - 23 oz. can Condensed Cream of Mushroom Soup	Milk
3 lb. bag Baby red potatoes	3 - 10 oz. cans Tuna	Butter
1 bunch Fresh rosemary	1 bottle Worcestershire sauce	Buttermilk
	1 bottle White cooking wine	Heavy cream
	Goldfish Crackers	16 oz. Cheddar cheese, shredded
		Monterey Jack cheese, shredded
		Parmesan cheese
Frozen	Herbs/Spices/Oils	Household
1 pkg. Tater tots	Olive oil	
1 pkg. Tortellini	Cayenne pepper`	
1 pkg. Peas	Chili powder	
1 pkg. Mixed vegetables	Garlic salt	
2 - 1 lb. bags Broccoli, cauliflower and carrot mix	Paprika	
Garlic bread	Bay leaves	
	Mrs. Dash® Garlic & Herb seasoning	
	Brown sugar	
	Sugar	
	Baking soda	
	1 pkg. Stone ground yellow cornmeal	