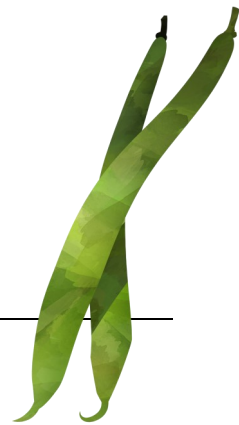


# My Weekly Meal Plan



Meal Plan	
Monday	Creamy Instant Pot Chicken Stew with 15-Minutes Drop Biscuits
Tuesday	Mexican Vegetable Casserole with Black Beans
Wednesday	Crock Pot Meatloaf with mashed potatoes and steamed green beans
Thursday	Crock Pot Balsamic Chicken with rice and steamed broccoli
Friday	Zucchini Shrimp Scampi Alfredo with a side salad
Saturday	Crock Pot Cuban Pulled Pork for Pulled Pork Nachos.
Sunday	Plant to Eat Out

## Notes

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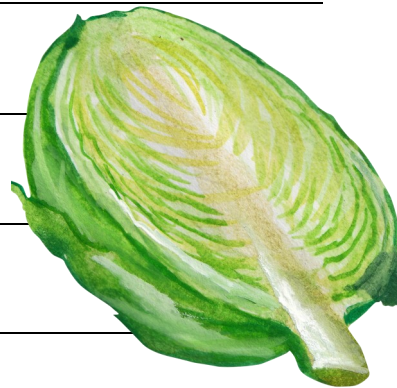
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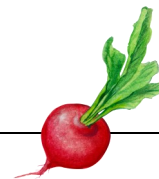
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Date: Week 1—January

# My Weekly Shopping List

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



Produce	Pantry	Meat
3 limes	1 box rotini pasta	2 lbs. boneless, skinless, chicken (any cut)
1 bunch chives or green onions	1 box white rice	2 lbs. ground beef
2 med. and 1 large onion	2 - 16 oz. cans of black beans	3.5 lbs. boneless chicken, thighs or breasts
1 garlic bulb	1 - 32 oz. box chicken broth	1 box SeaPak® Shrimp Scampi
1 green & 1 yellow bell pepper	1 - 14 oz. can diced tomatoes	8-10 pound pork shoulder roast
1 sweet red pepper	1 can. tomato paste	
3 small yellow zucchini	2 cans Hunts® Fire-roasted diced tomatoes	<b>Dairy</b>
3 small yellow squash	2 cans Campbell's® Tomato soup	
1 bag carrots	1 jar Alfredo sauce	eggs
1 bunch of celery	apple cider vinegar	milk
1-2 heads broccoli	balsamic vinegar	butter
1 pint mushrooms	Dion mustard	heavy cream
1 sm. bag red potatoes	mayonnaise	sour cream
1 bag white potatoes	1 jar salsa Verde	1 - 8 oz. tub ricotta cheese
Green beans	1 lg. bag nacho chips	1 pkg. Mexican blend cheese, shredded
1 pkg. fresh rosemary leaves	Marsala cooking wine	1 wedge fresh parmesan cheese
1 bunch fresh parsley	1 pkg. bread crumbs	orange juice
1 bunch fresh oregano leaves		
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>
1 pkg. peas	olive oil	
1 pkg. sweet corn	dried thyme	
1 pkg. broccoli florets	dried parsley	
	dried oregano	
	cumin	
	ground white pepper	
	paprika	
	1 pkg. of French's® Chili-O chili seasoning mix	
	Mexican chili powder	
	bay leaves	
	Himalayan pink salt	
	brown sugar	
	corn starch	
	self-rising flour	