

# My Weekly Meal Plan



Meal Plan	
Monday	Skillet Chicken Pot Pie
Tuesday	Spinach Ravioli with Garden Vegetable Sauce and garlic bread
Wednesday	Crock Pot Stuffed Peppers with applesauce
Thursday	Plant to Eat Out
Friday	Steak and Egg Protein Buddha Bowl
Saturday	Crock Pot Bourbon Chicken with Green Beans Asian Style
Sunday	New Orleans Style Barbecue Shrimp with steamed corn and roasted potatoes new potatoes.

## Notes

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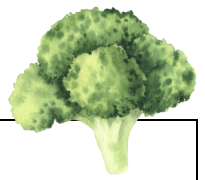
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Date: Week 2—January



# My Weekly Shopping List

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



<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
1 avocado	1 pkg. long-grain white rice	1 to 1.5lbs cooked chicken (rotisserie)
3 med. lemon	1 pkg. quinoa	1.5 lbs. ground beef
1 bunch green onions		1 flank steak
2 med. & 1 lg. onions	1 - 32 oz. box chicken broth	1.5 lbs. Florida pink gulf shrimp, cleaned & de-headed
1 garlic clove	1 - 15 oz. bottle Bourbon Chicken Sauce	2-3 lbs. chicken breasts or thighs, skinless, and boneless
1 red pepper	1 pkg. sun-dried tomatoes	
1 lb. fresh green beans	1 - 45 oz. jar Ragu® Old World Style Sauce	<b>Dairy</b>
7-8 lg. green bell peppers	2 - 15 oz. cans tomato sauce	1.5 to 2 doz. eggs
1 pkg. carrots	1 bottle green goddess dressing	milk
2 med. yellow squash	soy sauce	butter
1 med. zucchini	Worcestershire sauce	hummus
1 head broccoli	Louisiana hot sauce	1 pkg. Mozzarella cheese, shredded
1 bag new potatoes	white cooking wine	1 pkg. Parmesan cheese, finely shredded
1 horseradish root (or jarred)	applesauce	
1 fresh ginger root	French bread	
1 bunch fresh basil		
1 bunch fresh parsley		
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>
2 pkgs. sweet corn	olive oil	
2 pkgs. peas	Italian seasoning	
1 pkg. puff pastry	crushed red pepper flakes	
1 bag spinach ravioli	Creole seasoning	
1 loaf garlic bread	light brown sugar	
	all-purpose flour	