

# My Weekly Meal Plan



Meal Plan	
Monday	Alaska Sole Sliders with Perfect Asparagus Tomato Pasta Salad
Tuesday	Crock Pot Chicken Burritos with steamed corn
Wednesday	Instant Pot Cauliflower Broccoli Soup with grilled cheese sandwiches
Thursday	Plant to Eat Out
Friday	Easy Italian Sausage and Pepper Pasta with fresh apple slices
Saturday	BBQ Bacon Cheeseburger Sliders with French fries
Sunday	One Pot Skillet Greek Chicken and Potatoes add a simple side salad

## Notes

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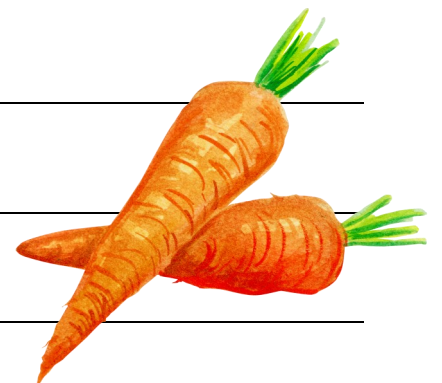
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Date: Week 4—January

# My Weekly Shopping

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



Produce	Pantry	Meat
apples	1 box penne pasta	6 Alaskan sole filets
2 avocados	1 - 24 oz. marinara sauce	2 lbs. chicken, boneless, skinless
1 lime	1 - 15 oz. can pinto beans	5 lbs. chicken thighs with skin
1 med. & 1 lg. onion	1 - 4 oz. can green chiles	1 pkg. Italian sausage,
1 sweet yellow onion	1 bottle buttermilk ranch dressing	1 lb. bacon
2 garlic bulbs	Sherry or cooking wine	2 lb. ground beef
1 bunch green onions	1 bottle King's Hawaiian Sweet Pineapple BBQ sauce	
1 bag carrots	2 Packages KING'S HAWAIIAN® Original Rolls	
2 bell peppers	12 Hawaiian mini rolls (or buns)	<b>Dairy</b>
1 pint cherry tomatoes	8 pk. flour tortillas	eggs
1 bunch asparagus	sandwich bread	milk
1 lg. tomato		butter
1 head lettuce		half and half
2 lbs. golden potatoes		sour cream
3 lbs. sweet potatoes		parmesan cheese, shaved
3 heads broccoli		1 pkg. Mexican blend cheese, shredded
1 head cauliflower		sliced cheese for grilled cheese
1 head cabbage		1 8 oz. pkg. mozzarella cheese
1 bunch fresh parsley		1 wedge parmesan cheese
		24 oz. Monterey Jack, shredded
Frozen	Herbs/Spices/Oils	Household
1 pkg. sweet corn	olive oil	
1 pkg. French fries	paprika	
	garlic powder	
	cayenne pepper	
	bay leaves	
	1 envelope chicken taco seasoning	
	black peppercorns	
	McCormick's® Basil, Oregano & Garlic all-purpose seasoning	
	cornstarch	
	cornmeal	
	all-purpose flour	