



# My Weekly Meal Plan



Meal Plan	
<b>Monday</b>	Crock Pot Loaded Potato Soup with grilled cheese sandwiches
<b>Tuesday</b>	Easy Crock Pot Chicken Enchiladas with side of steamed corn
<b>Wednesday</b>	Plan to Eat Out
<b>Thursday</b>	Sundried Tomato Carbonara with side salad
<b>Friday</b>	Crock Pot Shrimp and Sausage Jambalaya over rice
<b>Saturday</b>	Sweet & Sticky Honey BBQ Chicken Wings with Butternut Squash Mac & Cheese
<b>Sunday</b>	Crock Pot French Dip Sandwiches with Loaded Hasselback Potatoes and steamed green beans

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Date: Week 1—February





# My Weekly Shopping List

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



Produce	Pantry	Meat	
1 garlic bulb	1 box thin spaghetti or angel hair	1 lb. bacon	
2 med.. onion	1 box gnocchi pasta	3 boneless, skinless chicken breasts	
1 bunch green onions	1 box or bag white rice	12 oz. Cajun style andouille sausage	
1 med. green bell pepper	1 jar sun-dried tomatoes in olive oil	1 lb. large shrimp, cleaned	
1 bunch celery	4 lg. boxes chicken broth or stock	3 lbs. chicken wings	
1 lg. butternut squash	3 - 10 oz. cans enchilada sauce	2 ½ to 3 lbs. thin cut sirloin tip steak	
1 bag Idaho baking potatoes	7 oz. can green chilies, chopped		
4 lg. baking potatoes	1 can black beans	<b>Dairy</b>	
1-2 cucumbers	1 - 28 oz. can diced tomatoes		eggs
1 pint cherry tomatoes	1 bottle hot sauce		milk
1 head lettuce	1 bottle hickory smoked BBQ sauce		butter
1 bunch fresh basil leaves	applesauce		1 pint half and half
1 bunch fresh parsley	1 pkg. sub buns		1 pint buttermilk
	1 loaf bread		sour cream
	1 pkg. flour or corn tortillas		32 oz. sharp cheddar cheese, shredded
			sliced cheese (your choice)
			1 wedge fresh parmesan cheese
		sliced cheddar or provolone cheese	
		Country Crock® simple recipe spread	
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>	
1 bag sweet corn	olive oil		
1 bag green beans	bay leaves		
	cumin		
	Cajun seasoning		
	mustard powder		
	nutmeg		
	2 envelopes au jus gravy mix		
	honey		
	cornstarch		
	all-purpose flour		