

# My Weekly Meal Plan



Meal Plan	
Monday	Crock Pot Beef Stroganoff with steamed carrots and applesauce
Tuesday	Crock Pot Mexican Pulled Pork Tacos
Wednesday	Crock Pot Chicken Wild Rice Soup with No - Knead Five Minute Artisan Bread
Thursday	Keep it Clean Tilapia with sweet potatoes and roasted broccoli
Friday	Plan to Eat Out
Saturday	Buffalo Turkey Meatballs with Cheesy Gouda Cauliflower Casserole
Sunday	Crock Pot London Broil with Potatoes and Carrots with side salad and Chocolate Covered Cherry Cake Pops

## Notes

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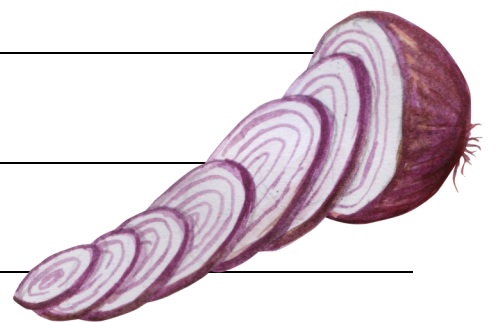
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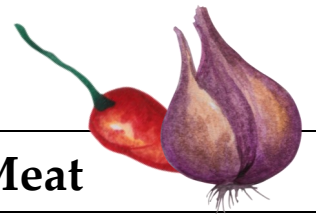


Date: Week 2—February



# My Weekly Shopping List

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



Produce	Pantry	Meat
1 lime	1 pkg. wild rice	1 ½ - 2 lbs. beef sirloin steak, thin sliced
1 bunch green onions	1 can diced tomatoes	2½ -3 lb. Smithfield® Garlic & Herb Pork Loin
1-2 med. onions	1 bag thin egg noodles	1 ½ - 2 lbs. skinless boneless chicken breasts or thighs
1 garlic bulb	2 boxes beef broth	4 tilapia filets
1-2 pints button mushrooms	1 can evaporated milk	1 lb. lean ground beef
1 bag carrots	applesauce	2-3 lbs. London broil
sweet potatoes	1 can black beans	
1 med. head cauliflower	1 bottle low-carb dressing	<b>Dairy</b>
2 lbs. baby red potatoes	apple cider vinegar	
lettuce	mayonnaise	eggs
1 quart strawberries	1 bottle Frank's® Hot Sauce	milk
	1 bottle Champagne or sparkling white juice	butter
	1 pkg. small tortillas	1/2 pint heavy cream
	<b>Herbs/Spices/Oils</b>	orange juice
		sour cream
		olive oil
		1 block cream cheese
		Italian seasoning
		10 oz. Gouda cheese, shredded
		bay leaves
		8 oz. Vermont sharp cheddar, shredded
		cumin
		cayenne pepper
	oregano	<b>Household</b>
	chili powder	
	garlic powder	
<b>Frozen</b>	dried cilantro	
1 pkg. broccoli florets	smoked paprika	
	rosemary	
	ground ginger	
	dried mustard	
	cornstarch	
	2 pkg. rapid rise yeast	
	all-purpose flour	
	bread flour	
	almond flour	