



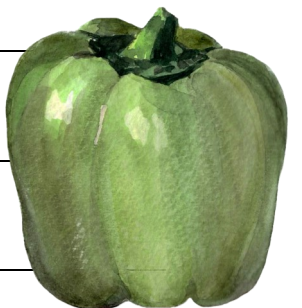
My Weekly Meal Plan



Meal Plan

Notes

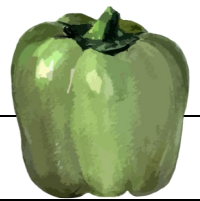
Monday	Cheesy Tuna Casserole
Tuesday	Crock Pot Mexican Cornbread casserole
Wednesday	Easy Crock Pot Pulled Chicken with Pasta Medley Salad
Thursday	Instant Pot Stuffed Pepper Soup
Friday	Pork Apple Wilted Spinach Quinoa Bowls
Saturday	Plan to Eat Out
Sunday	Crock Pot Creamy Chicken Alfredo Tortellini with side salad and garlic bread



Date: Week 3—February

My Weekly Shopping List

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



Produce	Pantry	Meat
1 lg. apple	1 box small shells pasta	1 lb. ground beef
1 garlic bulb	1 box bow-tie pasta	2.5 – 3 lbs. chicken breasts, boneless
3 med. onions	1 box quinoa	2 to 2 ½ lbs. boneless chicken breasts
2 lg. green bell peppers	1 box instant white rice	1 Smithfield® marinated pork hardwood smoked bacon & cracked black pepper loin
1 bunch asparagus	1 – 4 oz. can diced green chilies	1 lb. lean ground beef
1 pkg. fresh spinach	1 – 24 oz. can crushed tomatoes	
1 bunch broccoli	1 box bread crumbs	
1 pint cherry tomatoes	1 can cream corn	
1 salad kit	1 jar taco sauce	
	1 bottle Sweet Baby Ray® BBQ sauce	Dairy
	Hidden Valley Ranch Original Dressing	eggs
	1 bottle Spicy Honey Mustard Dressing	milk
	2 cans tuna	butter
	mayonnaise	1 pkg. cheddar cheese shredded
	1 – 15 oz. jar of creamy Alfredo sauce	1 jar cheese sauce, or box of Velveeta
	1 lg. 32 oz. box beef broth	1 pkg. mozzarella cheese
	1 box crackers	1 wedge fresh parmesan cheese
	potato chips	1 pkg. cheese tortellini
	1-8 rolls or hamburger buns	
Frozen	Herbs/Spices/Oils	Household
1 pkg. broccoli florets	olive oil	
1 pkg. peas	vegetable oil	
garlic bread	Nutritional yeast flakes	
	garlic powder	
	mustard powder	
	Italian seasoning	
	dried thyme	
	brown sugar	
	self-rising cornmeal	
	all-purpose flour	