

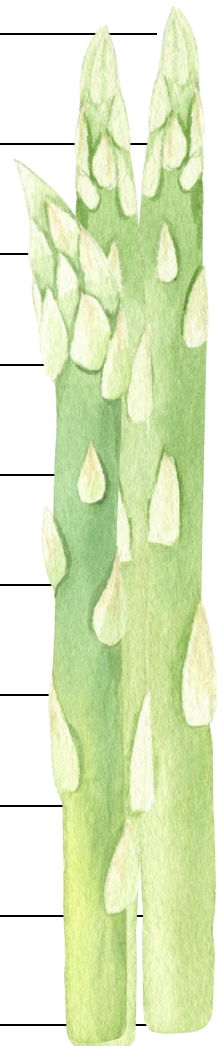


My Weekly Meal Plan



Meal Plan	
Monday	Smothered Pork Chops with Garlic Potatoes and applesauce
Tuesday	Margarita Lime Chicken Rice Bows
Wednesday	Seared Salmon Steaks with Creamy Dill Sauce with Zucchini Fries
Thursday	Instant Pot Beef Barley Soup
Friday	Crock Pot Balsamic with rice and steamed broccoli
Saturday	Lasagna Roll-ups with side salad and steamed asparagus
Sunday	Plan to Eat Out

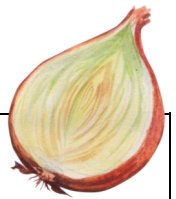
Notes



Date: Week 4—February

My Weekly Shopping List

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



Produce	Pantry	Meat
1 lime	white rice	4 bone in center cut pork chops
1 lemon	1 box lasagna noodles	1-2 lbs. boneless skinless chicken
1 garlic bulb	1 pkg. quick barley or barley pearls	4 salmon filets
2 med. onions	2 boxes beef broth	1 ½ to 2 lbs. beef stew meat,
1 bunch celery	1 box chicken broth	3 ½ lbs. chicken breasts or thighs
carrots	1 - 15 oz. can black beans	1 lb. ground beef or turkey
1 bunch asparagus	1 pkg. croutons	
1 bunch fresh dill	2 jars marinara sauce	
1 bunch fresh thyme	applesauce	
2 each lg. red, green and yellow bell pepper	Chili's® Bold Skillet Sauce Margarita Lime	Dairy
	balsamic vinegar	eggs
	Dijon mustard	milk
		butter
		1 - 15 oz. tub ricotta cheese
		mozzarella cheese, shredded
		parmesan cheese
Frozen	Herbs/Spices/Oils	Household
1 pkg. broccoli florets	olive oil	
	vegetable oil	
	garlic powder	
	Italian seasoning blend	
	dried rosemary	
	bay leaves	
	parsley flakes	
	dark brown sugar	
	cornstarch	
	coconut flour	
	all-purpose flour	

