

My Weekly Meal Plan

Meal Plan

Monday	Classic Beef Stew with Onion Cheddar Muffins
Tuesday	Crunchy Taco Pie with Refried Black Beans
Wednesday	Easy Alaska Sole Sliders with sweet potato fries
Thursday	Crock Pot Greek Chicken Thighs with Easy Greek Orzo Salad
Friday	Plan to Eat Out
Saturday	Crock Pot Chicken Teriyaki with side of egg rolls
Sunday	Crock Pot Salisbury Steak with steamed green beans and mashed potatoes

Notes

Date: Week 1—March



My Weekly Shopping List

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



Produce	Pantry	Meat
1 lemon	1 pkg. orzo pasta	3 lbs. beef stew meat
1 garlic bulb	1 pkg. long-grain white rice	5 lbs. ground beef, divided
4 med. onions	1 pkg. dry bread crumbs	6 Alaskan sole filets
1 bag red potatoes	1 jar black olives	1-2 lbs. boneless chicken thighs
1 bag white potatoes	1 jar salsa	4 boneless, skinless chicken breasts
1 bag carrots	1 - 48 oz. box beef broth	Dairy
1 - 2 slicing tomatoes	2 - 15 oz. cans black beans	
1 pint cherry tomatoes	1 - 21 oz. bottle Veri Veri Soy Vay Teriyaki Sauce	
1 bunch arugula	2 cans cream of mushroom soup	
1 head lettuce	1 - 11 oz. bag Doritos®	
1 bunch cilantro	1 - 12 count pkg. mini Hawaiian rolls	
Frozen	Herbs/Spices/Oils	Household
1 pkg. sweet potato fries	olive oil	
1 pkg. oriental vegetable mix	vegetable oil	
1 pkg. egg rolls	dried thyme	
1 pkg. green beans	onion powder	
	paprika	
	garlic powder	
	parsley	
	cayenne pepper	
	dried oregano	
	1 pkg. taco seasoning mix	
	1 pkg. dry onion soup mix	
	honey	
	sugar	
	cornstarch	
	baking powder	
	all-purpose flour	
	cornmeal	