

My Weekly Meal Plan

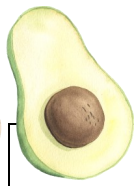


Meal Plan	
Monday	Baked Ziti with a side salad
Tuesday	Turkey Bacon Avocado Burger with baked sweet potato
Wednesday	Crock Pot Beef and Broccoli with steamed rice
Thursday	Crock Pot Cheesy Cauliflower Soup with grilled cheese
Friday	Ginger Shrimp Stir-fry with rice and steamed asparagus
Saturday	Crock Pot BBQ Cranberry Chicken Slides with coleslaw and Cheesy Bacon Garlic Potatoes
Sunday	Plan to Eat Out

Notes

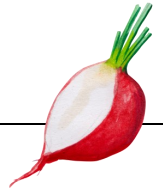


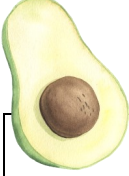
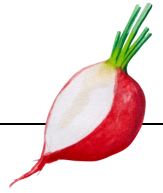
Date: Week 2—March



My Weekly Shopping List

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



 Produce	Pantry	Meat 
1 avocado	1 pkg. ziti noodles	1 lb. ground beef
1 lime	1 jar marinara sauce	1 lb. ground turkey
1 lemon	1 pkg. breadcrumbs	2 lbs. beef stew meat
1 garlic bulb	1 pkg. ranch dressing	15-20 large shrimp, peeled and deveined
2 med. onions	1 pkg. beef broth	4 boneless skinless chicken breasts
1 bunch celery	1 pkg. white or brown rice	1 lb. bacon
1 bac carrots	1 can tomato paste	
1 head cauliflower	1 can of whole cranberry sauce	Dairy
1 head broccoli florets	1 bottle barbecue sauce	eggs
sweet potatoes	1 bottle soy sauce	milk
lettuce	1 jar oyster sauce	butter
tomatoes	Hellman's Mayonnaise	buttermilk
1 bunch green onions	white vinegar	whipping cream
1 head cabbage	Bay's® English Muffins	sour cream
cucumbers	1 pkg. bread	1 - 32 oz. ricotta cheese
1 bunch asparagus		1 pkg. mozzarella cheese, shredded
1 bunch fresh parsley		1 ball fresh mozzarella cheese
1 knob fresh ginger		1 lg. pkg. sliced cheddar cheese
		1 16 oz. pkg. Monterrey Jack cheese, shredded
Frozen	Herbs/Spices/Oils	Household
1 bag Simply Potatoes Steakhouse Seasoned Diced Potatoes	olive oil	
	light cooking oil	
	sesame oil	
	dried parsley	
	turmeric powder	
	red chili powder	
	red chili flakes	
	dry minced onion	
	sugar	
	brown sugar	
	cornstarch	