

My Weekly Meal Plan



Meal Plan	
Monday	Crock Pot Southwestern Hamburger Soup with dinner roll
Tuesday	Lemon Shrimp Pasta with steamed broccoli
Wednesday	Corned Beef on Rye with Sauerkraut sandwiches with St. Patrick's Day treats
Thursday	Vegetable Manicotti with garlic bread
Friday	Plan to Eat Out
Saturday	Crock Pot Cheesy Chicken Broccoli Rice with applesauce
Sunday	Crock Pot Pork Loin with Apricot Glace with rice or quinoa and steamed carrots

Notes

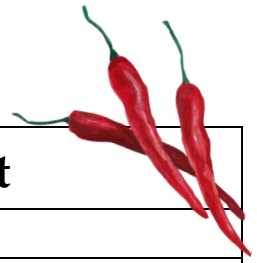


Date: Week 3—March



My Weekly Shopping List

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



Produce	Pantry	Meat
1 lemon	1 box elbow macaroni	3 lbs. ground beef
1 garlic bulb	1 box manicotti shells	1 - 8 oz. pkg. shrimp
3 med. onions	1 marinara sauce	1 pkg. corned beef
1 ea. red, yellow, orange sweet bell peppers	1 box beef broth	3 boneless chicken breasts
1 green bell pepper	1 box chicken broth	3 lb. pork loin
1 container button mushrooms	1 - 14.5 oz. can diced tomatoes with chilies	
1 bunch fresh rosemary	1 - 16 oz. can pinto beans	
1 bunch fresh oregano	1 pkg. spaghetti noodles	
1 bunch fresh basil	1 jar German sauerkraut	Dairy
1 bunch fresh thyme	1 jar spicy mustard	
	1 jar Dijon mustard	eggs
	1 - 14.5 oz. can black beans	milk
	1 box Uncle Ben's® Original Rice	butter
	1 box white rice	Parmesan cheese
	2 can cream chicken soup	4 oz. Parmesano Reggiano
	applesauce	1 - 16 oz. pkg. Mexican blend cheese, shredded
	apricot preserves	8 oz. Jarlsburg cheese, shredded
	Jewish rye bread	1 pkg. cheddar cheese, shredded
	dinner rolls	
Frozen	Herbs/Spices/Oils	Household
1 pkg. sweet corn	olive oil	
2 pkgs. frozen broccoli	ground cumin	
	chili powder	