

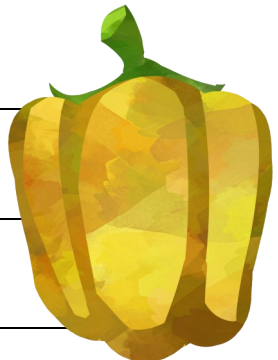
My Weekly Meal Plan



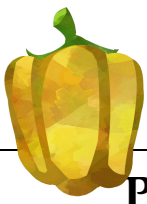
Meal Plan

Notes

Monday	Browned Butter Gnocchi Spinach and Mushrooms
Tuesday	Fresh Greek Fish Tacos with sliced cucumbers
Wednesday	Crock Pot Chicken Gumbo Soup with Corny Company Bread
Thursday	Crock Pot Sloppy Joes with French fries and steamed corn
Friday	Crock Pot Swiss Chicken with Sautéed Asparagus and Tomatoes
Saturday	Plan to Eat Out
Sunday	Crock Pot Italian Swiss Steak

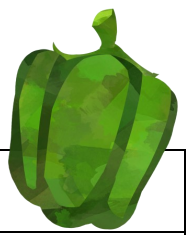


Date: Week 4—March



My Weekly Shopping List

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



Produce	Pantry	Meat
2 lemons	1 pkg. potato gnocchi	1 1/2 pounds skinless flaky white fish fillets
1 shallot	1 box white rice	1-1.5 lbs. boneless chicken breasts
1 garlic bulb	1 box stuffing mix	3 lbs. ground beef
1 red onion	1 box penne pasta	4 boneless skinless chicken breast (
2 med. white onion	1 jar Kalamata olives	1 lb. bacon
2 pints mushrooms	1 box low-sodium chicken broth	3-4 pound chuck roast
1 bunch celery	1 can cream style corn	
1 bunch asparagus	1 can of cream of mushroom soup	
Cucumbers	1 - 14.5 oz. cans of Hunts Fire Roasted diced tomatoes	Dairy
1 pint grape tomatoes	1 bottle mustard	eggs
1 pint cherry tomatoes	1 bottle ketchup	milk
1 pkg. baby spinach	1 pkg. pine nuts	butter
1 bunch fresh flat-leaf parsley	red wine vinegar	sour cream
1 bunch fresh oregano	1 bottle Worcestershire sauce	1 tub plain yogurt
1 red and 1 green bell peppers	1 can Hunt's® tomato paste	Tzatziki sauce
	2 - 14.5 oz. cans stewed tomatoes	4 slices Swiss cheese
	1 - 12 count 6-in. flour tortillas	Parmesan cheese
	Buns	1 pkg. mozzarella cheese, shredded
Frozen	Herbs/Spices/Oils	Household
1 - 14 oz. bag frozen onion and peppers mix	olive oil	
	vegetable oil	
	Old Bay® seasoning	
	bay leaves	
	chili powder	
	seasoned salt	
	brown sugar	
	baking powder	
	cornmeal	
	cornstarch	