

Weekly Meal Planner & Shopping List

Sunday	CROCKPOT CHICKEN CHILI & TORTILLA CHIPS
Monday	TURKEY BLT WRAPS & CHIPS
Tuesday	SCRAMBLED EGGS, TOAST & CANTALOUPE
Wednesday	LEFTOVER CHILI & CORNBREAD
Thursday	TRADER JOE MANDARIN CHICKEN, BROCCOLI & RICE
Friday	RAVIOLI LASAGNA BAKE & BAGGED SALAD
Saturday	TAKE-OUT

Breakfast	Lunch	Snacks
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Produce

- 1 BUNCH CILANTRO
- SPINACH/ROMAINE
- ICEBERG LETTUCE
- 1 TOMATO
- 1 AVOCADO
- 1 RED ONION
- 1 YELLOW ONION
- CAESAR SALAD KIT

Meat

- 8-OUNCES DELI TURKEY
- BACON PIECES
- 1.5LBS CHICKEN BREAST
- 8 OUNCES ITALIAN SAUSAGE, OPTIONAL
- 1 DOZEN EGGS

Frozen

- 25-OUNCE BAG CHEESE RAVIOLI
- 22-OUNCE BAG MANDARIN CHICKEN
- 12-OUNCE STEAM-IN-BAG BROCCOLI

Dairy

- 8 OUNCES CREAM CHEESE
- 8-OUNCES SLICED CHEESE
- 16 OUNCES SHREDDED MOZZERELLA CHEESE
- 5-OUNCE BAG PARMESAN CHEESE

Misc.

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Aisle

- 6-PACK SANDWICH WRAPS
- 1 BOTTLE RANCH OR MAYO
- 1 BAG TORTILLA CHIPS
- 1 BAG KETTLE COOKED CHIPS
- 15-OUNCE CAN FIRE ROASTED TOMATOES
- 15-OUNCE CAN CORN
- 15-OUNCE CAN BLACK BEANS
- 1 PACKET TACO SEASONING
- 2 (24-OUNCE) JARS SPAGHETTI SAUCE
- 1 PKG CORNBREAD MIX
- WHITE RICE OR RICE MIX