

Week 1

Meal Plan

January
6-12

Sunday

Fried Pork Chops
Extreme Cabbage, Applesauce
Drop Biscuits
No-Bake Cherry Cheesecake

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NOTES

Double the pork chops, cabbage and the biscuits. Eat as leftovers on Monday

Shopping List

PRODUCE

2 lg onions
_____ garlic
3 med cabbage
_____ lemon juice
2 apples
1 cucumber
1 lettuce/salad
1 jalapeno
1 green onions
1 red pepper
_____ cilantro
_____ lime juice

CANNED FOOD

1 applesauce
2 can tomato soup
1 Italian dressing
1 cream of chick soup
28oz tomato, crushed
1 Parmesan cheese
_____ Sriracha

DRY FOOD

2 cup bread crumbs
1 bx red beans & rice
1 bx Jiffy cornbread
1 bx stuffing mix
16oz spaghetti noodles
1 mayonnaise

BAKING

1 graham cracker crust
1 can cherry pie filling

Pantry Items

_____ milk
_____ salt
_____ flour
_____ pepper
_____ garlic powder
_____ olive oil
_____ sugar
_____ vanilla
_____ vegetable oil
_____ Italian seasoning
_____ garlic salt
_____ cumin

MEAT

2lb boneless, pk chop
1lb bacon
1 link smoked sausage
2 chicken breasts
1lb ground beef

DAIRY

3 lg eggs
8 oz cream cheese
1 cup yogurt
_____ butter spread
1 pkg American cheese
_____ sour cream
2 biscuits

FROZEN FOOD

32 fish sticks
2 broccoli
8oz Cool-Whip

BAKERY

1 loaf bread
16 corn tortillas

MISCELLANEOUS

Monday

Leftover Pork Chops
Cabbage, Applesauce
Biscuits

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NOTES

Tuesday

Red Bean & Rice w/Smoked Sausage
Broccoli
Cornbread

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Wednesday

Tomato Soup
Grilled Cheese
Apple Slices

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Thursday

Chicken Broccoli Casserole
Italian Cucumbers

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Friday

Spaghetti
Salad
Garlic Toast

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Saturday

Fish Tacos
Mexican Coleslaw
Black Beans
Spanish rice

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