

Week 9 Meal Plan

March
3-9

Monday

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B

Broccoli Alfredo Stuffed Shell
Tossed Salad
Garlic Toast

NOTES Refrigerate leftovers.

Shopping List

PRODUCE	PANTRY ITEMS
1 salad bag*	_____ salad dressing
garlic	_____ garlic powder
1 lb red potatoes	_____ salt
1 lb baby carrots	_____ pepper
1 lb green beans	_____ vegetable oil
8 sm potatoes, russet	_____ paprika
7 apple, granny smith	_____ butter
1 lemon	_____ white rice
_____	_____ olive oil
_____	_____ sesame oil
MEAT	_____ soy sauce
4 chicken thighs	_____ sesame seeds
1 1/2 lb chicken breasts	_____ cornstarch
2 lb pork tenderloin	_____ balsamic vinegar
_____	_____ brown sugar
_____	_____ flour
REFRIGERATED	_____ cinnamon
eggs	_____ nutmeg
2 oz mozzarella cheese	
8 oz ricotta cheese*	
2 biscuits*	

FROZEN FOOD	MISCELLANEOUS
12 oz broccoli	_____
garlic toast*	_____
12 oz Brussels sprouts	_____
1 lb tilapia	_____
_____	_____
BAKERY	_____
1 pkg flour tortillas	_____
_____	_____
CANNED FOOD	_____
1 jar Alfredo sauce*	_____
Parmesan cheese	_____
honey	_____
whole grain mustard	_____
Dijon mustard	_____
_____ sweet chili sauce	_____
_____	_____
DRY FOOD	_____
24 jumbo pasta shells	_____
1 pkg couscous	_____
_____	_____
BAKING	_____
cajun/creole season	_____

Tuesday

Honey Mustard Chicken & Potatoes
Brussels Sprouts
Biscuits

D
L
B

NOTES

Wednesday

Leftovers
(London Broil & Potatoes)

D
L
B

NOTES

Thursday

Leftovers
(Broccoli Alfredo Stuffed Shells)

D
L
B

NOTES

Friday

Blackened Tilapia
Couscous
Honey Glazed Carrots

D
L
B

NOTES

Saturday

Thai Sweet Chili Chicken
White Rice
Asian Green Beans

D
L
B

NOTES

Sunday

Balsamic Roasted Pork Tenderloin
Hasselback Potatoes
Corn
Biscuits
Apple Pie Flautas

D
L
B

NOTES