

Week 8

Meal Plan

February 24 -
March 2

Monday

Cucumber Avocado Sandwich
Green Apple Slices
Tortilla chips

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NOTES

Shopping List

PRODUCE

3 lb baby potatoes
12 garlic cloves
parsley
1 lb baby carrots
ginger
6 sm red potatoes
1 lb russet potatoes
2 onion
1 green pepper
2 mangoes
4 avocado
1 cucumber
1 roma tomato
4 Granny Smith Apples

PANTRY ITEMS

peanut butter
sugar
olive oil
italian seasoning
salt
paprika
butter
kosher salt
savory seasoning
oregano
thyme
baking soda
flour
black pepper

MEAT

3-4lb London broil
3 chicken breasts
1 lb ground beef*

REFRIGERATED

1 pkg cream cheese
small orange juice
1 dz eggs
2 pkg biscuits*
4 oz cheddar cheese
4 oz Mex blend cheese

FROZEN FOOD

8 oz Cool Whip
16 oz Brussels sprouts*
2 lb salmon filet
4 C broccoli*
1 pkg spinach

BAKERY

1 pkg sm flour tortillas*
1 loaf bread

CANNED FOOD

1 Parmesan cheese
2 C beef broth*
1 C BBQ sauce*
1 1/2 C orange marmalade
4 oz enchilada sauce*
1 can pinto beans*
1 can black bean*

DRY FOOD

1 pkg Spanish rice

BAKING

1/2 c chocolate chips
1/2 c roasted peanuts

MISCELLANEOUS

1 pkg Oreo cookies
1 box Triscuit crackers

Tuesday

Beef Stew
Biscuits

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NOTES

(1) Use the leftover beef from last week's Sunday dinner. (2) Soak pinto beans & black beans, if you don't already have some in the freezer.

Wednesday

Slow Cooker Mexican Lasagna
Mexican Rice
Mangoes

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Thursday

Spinach Frittata
Hash Browns
Biscuits

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Friday

Garlic Honey Ginger Glazed Salmon
Roasted Red Potatoes
Broccoli

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Saturday

Chinese Orange Chicken
White Rice
Orange Carrots

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Sunday

London Broil
Italian Roasted Potatoes
Brussels Sprouts
Chocolate Peanut Butter Cheesecake

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