Week 1

Meat | Vegetables | Produce | Other

EASY MEAL PLAN

SUNDAY

Grilled chicken wings
Boiled potatoes
Broccoli

MONDAY

Meatloaf
Green beans
Corn on cob

TUESDAY

Chicken pot pie
Rice

WEDNESDAY

Grilled cheese
Tator tots

THURSDAY

Shepherd's pie
Green peas

FRIDAY

Left overs

SATURDAY

Grilled Chicken breast and
Rice
Asparagus

Grocery List

- [ ] Chicken wings
- [ ] 3 lbs. ground beef
- [ ] 2 lbs. ground beef

5 LBS. TOGETHER

- [ ] Chicken breasts bone-in
- [ ] 4 Boneless chicken breasts
- [ ] 1 pkg. of bacon
- [ ] 1Bag of frozen mixed vegetables
- [ ] 1 Bag Frozen broccoli
- [ ] Frozen corn on the cob
- [ ] 1 Bag of frozen green beans
- [ ] 1 Bunch of asparagus
- [ ] 10 lbs. potatoes
- [ ] 1 Bag of frozen peas
- [ ] 1 Big can of Cr. of Mushroom
- [ ] 1 Big can of Cr. of Chicken
- [ ] 2 McCormick meatloaf seasoning pkgs.
- [ ] 1 Cup of Fashion oatmeal
- [ ] Wings sauce
- [ ] 2 Pkgs. Lipton Onion Soup
- [ ] 3 Small tomatoe sauce
- [ ] Loaf bread
- [ ] Tony Chachere's creole seasoning
- [ ] Extra virgin olive oil
- [ ] Ham flavoring or real ham
- [ ] 4 Deep dish frozen pie shells
- [ ] Rice
- [ ] 1lb. of block cheaddar cheese
- [ ] Butter
- [ ] 2 Eggs
- [ ]
- [ ]

COUPONS

Week MEAL PLAN

COUPONS

Week 1

Meat
Produce
Vegetables
Other

EASY MEAL PLAN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Grocery List

COUPONS