



# Meal Plan and Grocery List

**Monday:**

[Beef Tacos](#)

**Tuesday:**

[Chicken Alfredo](#)

**Wednesday:**

[Glazed Salmon with Spiced Carrots](#)

**Thursday:**

[Lemon Garlic Skillet Chicken and Potatoes](#)

**Friday:**

[Grilled Steak with Greek Corn Salad](#)

**Saturday:**

Grilled chicken with mashed sweet potatoes and green beans

(use your favorite recipes)

**Sunday:**

[Pan Fried Pork Chops](#) with garlic mashed potatoes

(cut the pork recipe in half and make your favorite mashed potatoes)

**Monday:**

Semi Homemade Pizza and Salad

(make the salad with left over arugula, lettuce, onions, and tomatoes from the week)



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1 lb ground beef	4 bone-in chicken thighs
Taco shells	Unsalted butter
Jar of Salsa	8 red potatoes
Shredded Cheddar Cheese	1 fresh lemon
1 Tomato	Crushed Red pepper flakes
Head of Lettuce	Baby arugula
Olive Oil	Red wine vinegar
2 lbs skinless, boneless chicken breast	1 cucumber
1 jar Alfredo Sauce	Grape Tomatoes
Fettuccine noodles	1 red onion
Fresh parsley (optional for fettuccine and chicken thighs)	Feta cheese
1 lb fresh carrots	Pitted Olives, sliced
Honey	2 ears of corn (or a can of corn)
2 fresh limes	1 ¼ lbs cube steak
4 6oz salmon fillets	Favorite Chicken Marinade
Salt and pepper	4 sweet potatoes
Ground Coriander	Fresh green beans
Ground Cumin	4 pork chops
Ground Cinnamon	Flour
Fresh mint (optional for Salmon and Steak)	Canola Oil
Sliced Almonds	Pizza Crust
	Favorite Pizza toppings
	Mozzarella Cheese