



# Weekly Meal

PLAN



DAY

THEME

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**S**

Roasted Pork and Veggies

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**M**

Roasted Veggie Bowl

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**T**

Shredded Pork Tacos

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**W**

Spaghetti & Meatballs

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**T**

Leftovers

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**F**

Chicken Nuggets

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**S**

Chili

# Grocery Bag

## **Meat & Dairy**

Pork Tenderloin  
Boneless Chicken Thighs  
\*2 lbs Ground Beef (or  
Other Ground Meat or  
Meat Substitute)  
Parmesan (Optional)  
Chili toppings

## **Produce**

Broccoli  
Cauliflower  
Sweet Potato  
Thyme  
\*Potato  
Corn  
Bell Pepper  
Salad  
Taco Toppings

## **Pantry**

Grain of Choice  
Broth (8 Cups)  
Taco Shells  
Canelli Beans (2 Cans)  
Kidney Beans (2 Cans)  
Diced Tomatoes with  
Chilies (3 cans)  
Chili powder  
Spaghetti  
Spagetti Sauce

## **Frozen**

Chicken Nuggets  
Fries  
Peas  
\*Buy a Smaller Amount  
and Substitute Frozen  
Meatballs for Make  
Your  
Own

