



# *Weekly Meal*

PLAN



DAY

THEME

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**S**

Flank Steak & Squash

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**M**

Pepper & Onion Bowl

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**T**

Steak Tacos

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**W**

Ravioli

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**T**

Leftovers

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**F**

Pizza

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**S**

Ham & Bean Soup

# Grocery Bag

## Meat & Dairy

Flank Steak

Cooked Ham

\*Pizza Topping (Optional)

\*Mozzarella

Parmasean (Optional)

## Produce

Acorn Squash

Summer Squash

Bell Peppers

Red Onion

Hardy Green (like Turnip  
or Kale)

Lemon

Rosemary

\*Pizza Topping

Salad

Taco Toppings

## Pantry

Mexican Rice

Cannelloni Beans

Crushed Tomatoes

Bean Soup Mix

Ravioli

Pasta Sauce

\*Pizza Shell

\*Pizza Sauce

Grain of Choice

Taco Shells

Broth

## Frozen

\*Substitute Frozen Pizza  
for Make Your Own

