



# *Weekly Meal*

PLAN



DAY

THEME

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**S**

Pan-Roasted Chicken

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**M**

Mushroom & Bok Choy

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**T**

Chicken Tacos

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**W**

Macaroni & Cheese

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**T**

Leftovers

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**F**

BLTs

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**S**

Potato Cauliflower Soup

# Grocery Bag

## **Meat & Dairy**

Boneless Chicken Breasts  
Bacon  
Cooked Tofu

## **Produce**

Lettuce  
Tomato  
Green beans  
Zucchini  
Mushrooms  
Bok Choy  
Garlic  
Potatoes  
Carrots  
Onions  
Garlic  
Cauliflower  
Slaw Mix  
Salad  
Taco Toppings

## **Pantry**

Grain of Choice  
Broth (4 Cups)  
Taco Shells  
Refried Beans  
Bread  
Slaw Dressing  
Macaroni & Cheese

## **Frozen**

Chicken Nuggets  
Fries

