



Weekly Meal

PLAN



DAY

THEME

S

Roasted Salmon

M

Very Green Bowl

T

Ground Beef Tacos

W

Skillet Lasagna

T

Leftovers

F

Burger & Fries

S

Tomato Soup

Grocery Bag

Meat & Dairy

Salmon Filets
2.5 lbs Ground Beef (or
Other Ground Meat or
Meat Substitute)
.5lb ground pork
8 oz Ricotta
Parmesan

Produce

Avocado
Snow Peas
Spinach
Zucchini
Lemon
Onion
Garlic
Celery
Carrots
Thyme
Burger Toppings
Salad
Taco Toppings

Pantry

Buns
Black Beans
Green Goddess Salad
Dressing (or Other
Dressing of Your Choice)
No Boil Lasagna Noodles
2 Jars Pasta Sauce
Grain of Choice
Taco Shells
Broth
Diced Tomatoes (1 Can
for Every 2 People)
Brown Sugar
Bread

Frozen

Tator Tots

