Menu and shopping list for the week of:_____

| Monday |
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| |

| Tuesday |
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| Wednesday |
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| Thursday |
| --- |
| |

| Friday |
| --- |
| |

| Shopping List | |
| --- | --- |
| **Item** | **Quantity** |
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**Items needed that may already be in your pantry:**

- ✓ **Salt**
- ✓ **Pepper**
- ✓ **Garlic Powder**
- ✓ **Onion Powder**
- ✓ **Olive Oil**
- ✓ **Butter**

## Other Staples I like to keep in my freezer/pantry:

- ✓ Frozen Tilapia
- ✓ Frozen Chicken
- ✓ Bags of Frozen Steam Veggies or Canned No Salt Added
- ✓ Steamable bags of brown rice
- ✓ Sweet Potatoes
- ✓ Canned Tuna
- ✓ Nuts/Seeds