

Menu and shopping list for the week of: _____

| Monday |
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| Chicken Pasta with sautéed spinach, tomato and onion |

| Tuesday |
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| Buffalo Chicken Wrap |

| Wednesday |
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| Chicken Stir Fry |

| Thursday |
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| Chicken Tacos with black beans |

| Friday |
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| Salad with boiled eggs, black beans, and homemade vinaigrette |

| Shopping List | |
|---|-----------------|
| Item | Quantity |
| Chicken | 4 pounds |
| Eggs | 1 dozen |
| Spinach | 2 bags |
| Cherry Tomatoes | 1 |
| Red Onion | 1 |
| Garlic | 1 |
| Whole Wheat Pasta | 1 box |
| Brown Rice | 1 bag |
| Whole Wheat Tortillas | 1 bag |
| Parmesan Cheese | 1 container |
| Shredded Cheddar Cheese | 1 bag |
| 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