

Weekly Shopping Plan

Meat/Dairy

- ☐ Chicken Thighs
- ☐ Chicken Breasts
- ☐ Hamburger
- ☐ Corned Beef
- Brisket
- ☐ Cheese Slices
- ☐ Cream Cheese
- ☐ Butter
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Produce

- ☐ Minced Ginger
- ☐ Celery
- ☐ Red Bell Pepper
- ☐ Garlic
- ☐ Baby Corn
- ☐ Carrots
- ☐ Orange
- ☐ Lemon
- ☐ Potatoes
- ☐ Asparagus
- ☐ Lime
- ☐ Cabbage
- ☐ Mushrooms
- ☐ Onion
- ☐ Fresh Green

Pantry

- ☐ Canola Oil
- ☐ Garlic Powder
- ☐ Dried Cilantro
- ☐ Sea Salt
- ☐ Flour
- ☐ Chicken Broth
- ☐ Soy Sauce
- ☐ Rice Vinegar
- ☐ Sesame Oil
- ☐ Honey
- ☐ Chili Paste
- ☐ Water Chestnuts
- ☐ Cornstarch
- ☐ Olive Oil
- ☐ Chicken Flavor

Beans

Stuffing Mix

M Sliders

T Stir Fry Veggies

W Chicken Stuffing
Casserole

T Corned Beef Dinner

F Chicken & Asparagus

- ☐ Bamboo Shoots
- ☐ Sesame Seeds
- ☐ Seasoning Salt
- ☐ Hamburger Pickle Slices
- ☐ Onion Flakes

Bakery

- ☐ Slider Buns
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____