

weekly meal planner

meal plan:

monday

Chicken Marsala, green beans, & sweet potato

[chicken marsala on allrecipes](#)

tuesday

Salmon, asparagus, & rice

wednesday

Crock pot lentils

thursday

Pork Chops, brocolli, cabbage, & mashed potatoes

[pork chops on allrecipes](#)

[steamed red cabbage on food network](#)

[mashed potatoes](#)

friday

Slowed cooked Chicken burritos

[Chicken on pinterest](#)

saturday

free

sunday

leftovers

grocery list:

what i have:

- refried beans
- salsa
- corn
- limes
- tortillas
- chicken broth
- heavy cream
- wax green beans

What i need:

- tues - chicken breast
- marsala wine
- cooking sherry
- sweet potatoes
- tues - pork chops
- brocolli
- potatoes
- red cabbage
- apple cidar vinegar
- wed - lentils
- carrots
- celery
- white vinagar
- bay leaves
- thurs - salmon
- asparagus
- fri - chicken breast
- fresh cilantro
- garlic
- flax seed oil
- olive oil
- vegetable oil
- eggs
- coffee