



# WEEKLY MEAL PLAN GROCERY LIST

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## Week 3

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Dinner Edition

### Dinner 1

- Hot dogs
- Hot dog buns
- French fries
- Romaine hearts
- Carrots
- Celery
- Tomatoes
- Eggs
- Bacon
- Shredded cheese
- Basil (dried)
- Garlic powder

### Dinner 2

- 4 (8 oz) cans crescent rolls
- 1 can cream of chicken soup
- Skim milk OR unsweetened almond milk
- Reduced-fat sour cream OR nonfat Greek yogurt
- 1 lb chicken breast
- Green onions
- Stick butter
- 1 (8 oz) Reduced-fat cream cheese
- Seasoned bread crumbs

### Dinner 3

- Pork loin (4-5 lbs)
- 1 (16 oz) bottle Vidalia onion dressing
- 1 (1 lb) bag whole carrots
- 3-4 baking potatoes

### Dinner 4

- 92/8 lean ground beef (2 lbs)
- Onion
- Celery (also on Dinner 1 list)
- Green bell pepper
- 3 (14.5 oz) cans stewed tomatoes
- 1 (10 oz) can diced tomatoes with green chilis
- 1 (15 oz) can tomato sauce
- 2 (1.25 oz) pkgs chili seasoning
- 1 (16 oz) can kidney beans
- 1 (16 oz) can pinto beans
- White vinegar

### Extras

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