

MEAL PLANNER

WEEK OF 11/19

SHOPPING LIST:

- Spinach
- Cauliflower
- Carrots
- Ground Beef
- Green Beans
- Chicken Breast
- Hot Sauce
- Chicken Gumbo
- Red Sauce
- Spinach
- Cauliflower
- Hot Sauce
- Spinach
- Chicken
- Gumbo

Buy Chicken Breast and Cauliflower - yesterday

Grilled Cauliflower and Spinach - today

Stock up on chicken breast lettuce from today for next 2 days

Stock up on chicken stock and all kinds from today

Hot sauce - Gumbo

Spinach and hot dog tonight
Fruit of next few weeks

Leftovers or sandwiches

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