



# 7 day meal planner Grocery List

## Meal One: Garlic Ranch Chicken Pizza

1 pizza crust  
1/2 cup ranch dressing  
1 tomato  
1/4 cup green onions  
1 cup shredded mozzarella cheese  
1 cup shredded cheddar cheese  
1/4 Parmesan cheese  
8 ounces boneless skinless chicken breast halves  
1 Tbsp. Olive Oil  
garlic  
bacon bits  
1 teaspoon salt & pepper

## Meal Two: Simple Taco Salad

romaine lettuce  
cilantro  
1 can black beans  
1 can corn  
grape tomatoes  
avocado  
jack and cheddar cheese blend, finely grated  
Tostitos chips

## Meal Three: Cheesy Twice Baked Potatoes with Hamburger

2-4 Large Russet Potatoes  
1 package Hamburger Meat  
Shredded Cheddar Cheese  
Butter & Milk  
Sour Cream & Chives

## Meal Four: Italian Crockpot Chicken

4 boneless, skinless chicken breasts  
1 envelope Italian salad dressing  
1/4 cup water  
1 pkg. (8 oz.) cream cheese  
1 can condensed cream of chicken soup  
1 can (4 oz.) mushroom stems and pieces (drained)  
hot cooked noodles or rice

## Meal Five: Turkey Burgers

1 package ground turkey  
2 rounded tablespoons horseradish  
2 teaspoons Worcestershire sauce  
1 cup shredded cheddar cheese  
2 green onions  
1 tablespoon grill seasonings  
olive oil  
Buns  
Lettuce  
Tomato

## Meal Six: Easy Steak Fajitas

2 tbsp olive oil  
cooked Steak Pieces, I use Soules steak fajita packages  
one medium yellow onion  
1 green bell pepper  
1/2 c salsa of choice, like la victoria medium  
1 c shredded cheddar cheese  
flour tortillas  
sour cream (optional)  
guacamole (optional)

## Meal Seven: Simple Garlic Noodles & Shrimp

1 Prepared Packaged Noodles like Lipton Creamy Garlic Shells  
frozen boiled shrimp (popcorn size)  
Garlic salt to taste

## Additional Items Needed:

