

April Grocery Shopping List

✓	MEAT / FISH / DAIRY	QTY
	Pork Shoulder	
	Thinly Sliced Sirloin	
	Chicken Drumsticks	
✓	PANTRY ITEMS	QTY
	Teriyaki Sauce	
	BBQ Sauce	
	Pasta Sauce	
	7-Spice Seasoning	
	Paprika	
	Powdered Onion	
✓	GRAINS AND BREADS	QTY
	White Rice	
	Hoagie Rolls	

✓	FRUITS & VEGETABLES	QTY
	Red Onion	
	Tomato	
	Cucumber	
	Cilantro	
	Garlic	
	Jalapeno	
✓	FRUITS & VEGETABLES	QTY
	Lemon	
	Lime	
	Mint	
	Frozen Broccoli	
	Coleslaw Mix	
✓	MISCELLANEOUS	QTY

April Meal Plan

DATE: _____

MONDAY

PULLED PORK SANDWICHES
WITH COLESLAW AND A SIDE OF
FRESH VEGGIES

TUESDAY

LOMO SALTADO WITH AJI VERDE,
SALAD AND WHITE RICE

WEDNESDAY

MEDITERRANEAN DRUMSTICKS
WITH SALAD AND RICE

THURSDAY

TERIYAKI CHICKEN WITH
BROCCOLI AND RICE

FRIDAY

RAVIOLI AND BROCCOLI

SATURDAY

SUNDAY

BREAKFAST/LUNCH

GROCERY LIST

NOTES