



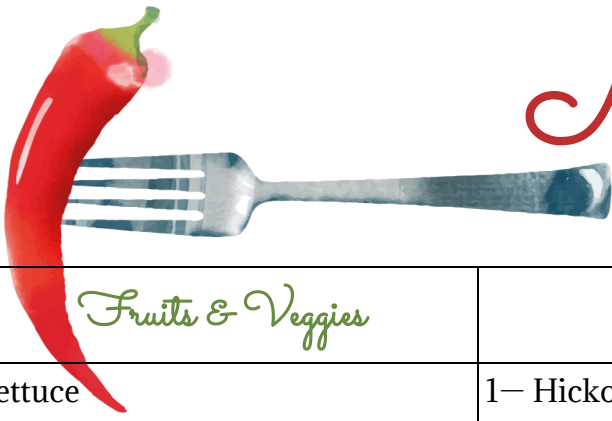
My Meal Plan for the Week

Day	Entrée	Sides
Monday	Honey BBQ Chicken Wings	Celery Sticks & Ranch Dressing Or, Steamed Broccoli & Rice
Tuesday	Meatball Subs with Marinara & Provolone	Garden Salad
Wednesday	Zucchini Shrimp Scampi	
Thursday	Cilantro Pineapple Grilled Chicken Breasts	Mango Peach Salsa
Friday	Make Your Own Pizza Friday Night	Spinach & Red Onion Salad
Saturday	Plan Dinner Out	
Sunday	Spaghetti with Meatballs and Marinara	Garlic Toast

Notes

Plan ahead for make your own pizza night, by prepping the frozen bread dough. You'll find the freezer dough recipe at [Flour on My Face](http://FlourOnMyFace.com).





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Lettuce	1– Hickory Smoked BBQ Sauce	Honey
Tomato	1- STUBBS Original BBQ Sauce	Sugar
Cucumbers	1- STUBBS Citrus Onion Marinade	1- Envelope Rapid Rise Yeast
Carrots	1- Bottle Hot Sauce	Bread Flour
3 Small Zucchini	1 Can Pineapple Tidbits	All-Purpose Flour
3 Small Yellow Squash	2- Jars Marinara Sauce	Dried Mustard Powder
1- Jalapeno Pepper	1- Jar Pizza Sauce	
1 Medium Red Onion	1- Box Spaghetti Noodles	
Mushrooms	1- Bottle Italian Dressing	
1 Bag Baby Spinach	Hoagie Buns	
1 Bunch Fresh Parsley		
1 Bunch Cilantro		
	<i>Meat</i>	<i>Dairy</i>
1- Firm Peach	3 lbs. Chicken Wings	Eggs
1- Medium Mango	4-6 Boneless, Skinless, Chicken Breasts	Milk
1-2 Limes	1– Pkg. Pepperoni	Buttermilk
	1 lb. Mild or Italian Sausage	Butter
<i>Other</i>		Provolone Cheese Slices
	<i>Frozen</i>	Parmesan Cheese Wedge
	2– Lg. Pkgs. Frozen Meatballs	1 Pkg. Shredded Mozzarella
	1 Box SeaPak Shrimp Scampi	
	1 Box Garlic Toast	