

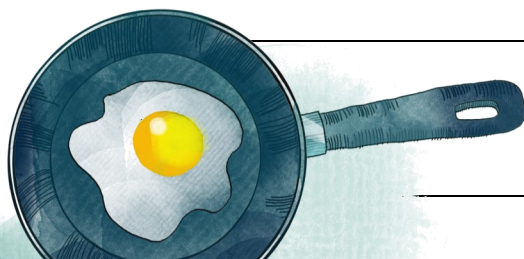


My Meal Plan for the Week

Day	Entrée	Sides
Monday	New York Strip Steak on the Grill	Garlic Rosemary Smashed Potatoes Garden Salad
Tuesday	Instant Pot Swiss Chicken	Green Beans
Wednesday	Mediterranean Cod Sheet Pan Dinner	
Thursday	Crock Pot Honey BBQ Pork Roast	Mashed Potatoes
Friday	Stromboli	Garlic Parmesan Stuffed Mushrooms
Saturday	Plan to Eat Out	
Sunday	*Crock Pot Shredded Beef	White Rice Steamed Broccoli

Notes

*Reserve leftover Shredded Beef for Wednesday night's dinner, week 2.





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Onions	Salad Dressing (Your Preference)	Seasoned Salt
1 Red Onion	1 Can Campbell's Low Sodium Cream of Chicken Soup	Sea Salt
2.5 lbs. Golden Baby Potatoes	1 Box Stove Top Chicken Stuffing Mix	Pepper
2 Garlic Bulbs	1 Box Chicken Broth or Stock	Garlic Powder
1 Bunch Fresh Rosemary	1 Jar Capers	Dried Oregano
1 Bunch Fresh Italian Parsley	1 Bottle Barbecue Sauce	Dried Italian Seasoning
1 Bunch Fresh Cilantro	1 Jar Pizza Sauce	Cumin
Lettuce	1 Jar Marinara Sauce	Olive Oil
Cucumbers	2 - 6.5 oz. Cans Minced Clams	Honey
Tomatoes	1 Box Bread Crumbs	Garlic Paste
Carrots	1 Lg. Box White Rice	
1 Zucchini	1 Can Fire Roasted Diced Tomatoes	
2 Pints Mushrooms	<i>Meat</i>	<i>Dairy</i>
Kalamata Olives	4 NY Strips (butcher preferred)	Eggs
2 Jalapeno Peppers	4 Boneless, Skinless, Chicken Breasts	Milk
1 Lemon	2 Cod Filets, appx. 1" thick	Butter
3 Limes	3 lb. Boneless Pork Roast	6 Slices Swiss Cheese
2 Oranges	4.5 lbs. Bottom Round Roast	1/4 lb. American Cheese
<i>Frozen</i>	1/4 lb. Salami Slices	Mozzarella Cheese
1 Pkg. Green Beans	1/4 lb. Pepperoni Slices	Parmesan Cheese
Frozen Bread Dough Loaves	1/4 lb. Deli Ham Slices	