



# My Meal Plan for the Week

Day	Entrée	Sides
Monday	Pesto Honey Salmon	Oven Roasted Green Beans
Tuesday	Amazing Crockpot Beef Barbecue Brisket	Dill Pickle Spears and Sweet and Spicy Baked Beans
Wednesday	Crockpot Chicken Parmesan	Rotini Noodles (or other favorite pasta)
Thursday	Low-Carb Crispy Chicken Tenders	Baked Parmesan Tomatoes and Roasted Brussels Sprouts
Friday	Freezer Meal Hamburger Soup	Crusty French Bread
Saturday	Crock Pot Orange Chicken with Sweet Potatoes	Sautéed Asparagus Spears and Chilled Peach Slices
Sunday	Plan to Eat Out	

*Notes* Prep ahead the freezer Hamburger Soup. You can do this earlier in the month or early week for a convenient Friday night meal.

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# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
2 Large Beef Steak Tomatoes	1- Bottle Liquid Smoke	Molasses
1 Bunch Fresh Basil	1- Bottle BBQ Sauce	Dark Brown Sugar
1 Bunch Fresh Parsley	1- Bottle Worcestershire Sauce	Cashews
2 Small- Medium Onions	1- Bottle Ketchup	Bay Leaves
Garlic Bulb	1- Bottle Dark Beer	Dried Thyme
1 lb. or Pkg. Fresh Brussels Sprouts	1- 24 oz. Pasta Sauce	Dried Italian Seasoning
	1- Jar Pizza Sauce	
	1- Box Rotini Noodles	
	1- Can Chipotle Chilies	
<i>Meat</i>	3- 15 oz. Cans Great Northern Beans	<i>Dairy</i>
3 lbs. Flat Beef Brisket	1 Container Pesto Sauce	Eggs
6 Boneless, Skinless, Chicken Breasts	1- 14.5 oz. Can Italian Style Diced Stewed Tomatoes	Milk
1 lb. Bacon	1 Box Beef Broth	1 Pint Half & Half
6-8 Salmon Filets	1 Box Elbow Macaroni	Butter
2 lbs. Ground beef	Weber Kick'n Chicken Seasoning	1 Pkg. Shredded Mozzarella
	1 Pkg. Pork Rinds	
<i>Frozen</i>		<i>Other</i>
1 Pkg. Mixed Vegetables		Parchment Paper
1 Pkg. Corn		