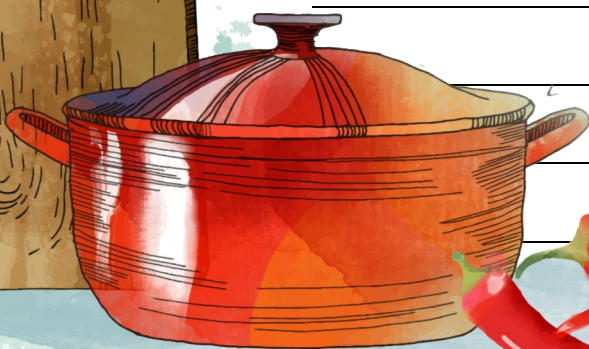




My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crockpot Chicken and Artichoke Casserole	Dinner Rolls
Tuesday	Grilled Italian Sausages or Brats	Grilled Vegetables
Wednesday	Butterfly Shrimp Sliders	Apple Cole Slaw Salad
Thursday	Crock Pot Beefy Macaroni and Cheese	Corn Bread or Muffins
Friday	Plan to Eat Out	
Saturday	Crock Pot Black Bean and Corn Soup	White Rice
Sunday	Pineapple Korean BBQ Tacos	Salad Greens with Asian Sesame Dressing

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
2 Lg. Onions	Sun-dried Tomatoes	Mrs. Dash Original Seasoning
3-4 Bell Peppers	1-Can Artichoke Hearts	Apple Cider Vinegar
Tomatoes	1 Can Cream of Chicken Soup	Poppy Seeds
1 Pkg. Cole Slaw Mix	1 Box Bow Tie Pasta	Garlic Powder
1 Pkg. Asian Slaw Mix	Kraft Mayo or Miracle Whip	Smoked Paprika
4 Fuji Apples	King's Hawaiian Slider Buns	Ground Cumin
Salad Greens	Sweet Pickle Relish	1 Container Dijon Mustard
fresh ginger	1 Box Elbow Macaroni	Sesame Seeds
	1 Can Evaporated Milk	Poppy Seeds
<i>Meat</i>	1- 14 oz. Can Diced Tomatoes with Green Chilies	Sesame Oil
1.5 lbs. Boneless Chicken Breasts	1 Can Corn	Pink Salt
Italian Sausages or Brats	1 Lg. Box Beef Broth	
1.5 lbs. Ground Beef	1 Pkg. Campbell's Sweet Korean BBQ Sauce	
1 lb. Ground Pork	1- Pkg. Soft Flour Tortilla	<i>Dairy</i>
3-4 lbs. Chuck roast	1 Bottle Rice Wine Vinegar	Eggs
		Milk
<i>Frozen</i>	<i>Other</i>	Butter
SeaPak Jumbo Butterfly Shrimp		1 Lg. Pkg. Mexican Blend Cheese
		1 Pkg. Velveeta Cheese