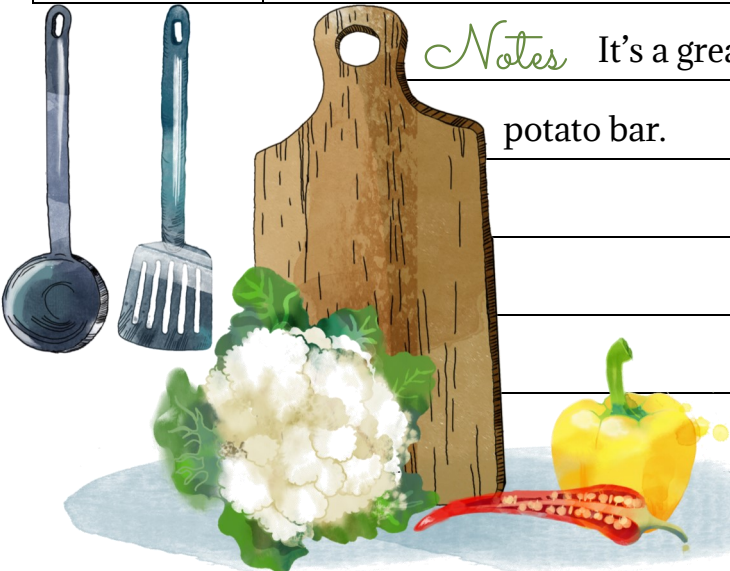


My Meal Plan for the Week

Day	Entrée	Sides
Monday	Grilled or Seared Chicken with Zesty Summer Pasta Salad	
Tuesday	Slow Cooker Pineapple Pulled Pork Sliders	Potato or Macaroni Salad
Wednesday	Pan Seared Mahi Mahi with Pineapple Salsa	White Rice
Thursday	Baked Potato Bar	Family Favorite Toppings
Friday	Crock Pot Chicken Alfredo Pizza	Fruit Salad
Saturday	Plan to Order In Or Pick Up Take Out	
Sunday	Bacon Topped Wedge Salad	

Notes It's a great time to use up leftovers when you have your baked

potato bar.





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Bunch Cilantro	1 Pkg. Angel Hair Pasta	Dried Oregano
1 Red Onion	1 Bottle Kraft Hickory Smoked BBQ Sauce	Paprika
1-2 Vidalia Onions	1 Bottle Liquid Smoke	Cayenne Pepper
4-6 Baking Potatoes	1- 20 oz. Can Pineapple Chunks	Cajun Seasoning
Cauliflower	1- 15 oz. Can Crushed Pineapple	
1 Pint Cherry Tomatoes	1 Jar Creamy Alfredo Sauce	
1 Jalapeno	Dinner Rolls	
1 Garlic Bulb	White Rice	
Carrots		
Broccoli	<i>Meat</i>	<i>Dairy</i>
Grapes	3-4 lbs. Boston Butt or Should Roast	Eggs
Strawberries	Rotisserie Chicken or Other Pre-cooked Chicken (need 1/2 cup)	Milk
Bananas	6 oz. Mahi Mahi Filets	Butter
Kiwi	1 lb. Bacon	1- Can Pillsbury Pizza Dough
Lemon		1 Pkg. Shredded Mozzarella
1-2 Limes		Fresh Grated Parmesan
Iceberg Lettuce	<i>Frozen</i>	Sour Cream
1 Bunch Chives		Blue Cheese
<i>Other</i>		
Deli Macaroni or Pasta Salad		
Aluminum Foil		