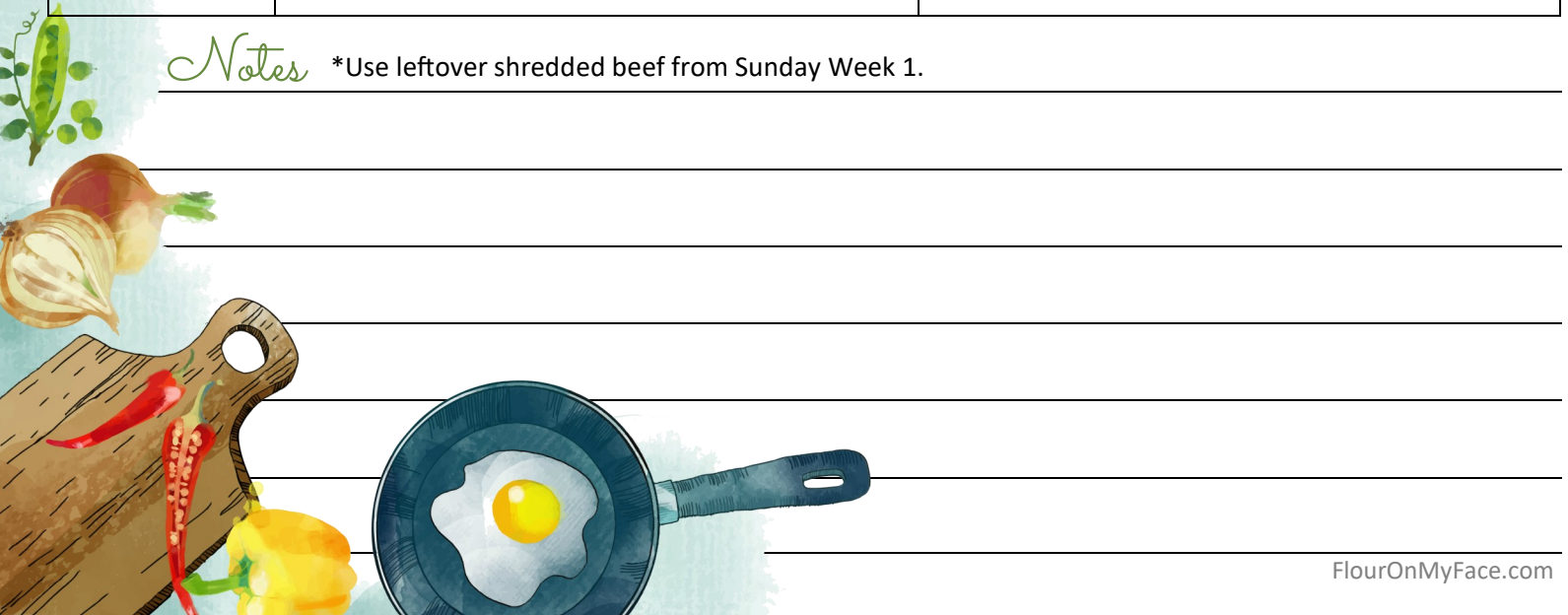


# My Meal Plan for the Week



Day	Entrée	Sides
Monday	Jerk Spiced Shrimp Tacos	Grilled Pineapple
Tuesday	Homemade Alfredo Sauce over Fettuccini	Homemade Italian Bread (or a store bought crusty, French bread)
Wednesday	*Shredded Beef Tamales	Salad, Chips & Salsa
Thursday	Sweet & Spice Sticky Chicken	White Rice Green Snap Peas
Friday	Italian Pasta Salad	
Saturday	Grilled Pork	Grilled Corn Grilled Zucchini
Sunday	Plan to Eat Out	

*Notes* \*Use leftover shredded beef from Sunday Week 1.





# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Garlic Bulb	Corn or Wheat Soft Tortillas, Taco Size	Ground Allspice
Ginger Root	1 lb. Box Fettuccine Noodles	Dried Thyme
Onion	8-10 Corn Husks (Found in the Mexican section)	Cayenne Pepper
1 Red Onion	1 Jar Enchilada Sauce	Cinnamon
1 Head Red Cabbage	1 Jar Frank's Red Hot Sauce	Chili Powder
2 Bunches Fresh Cilantro	1 Box White Rice	Cumin
1 Bunch Fresh Basil	Crusty French Bread	Garlic Powder
Olives		Sugar
Broccoli		All-Purpose Flour
4 Plum Tomatoes		Corn Flour
Green Snap Peas		Soy Sauce
2 lbs. Yukon Gold Potatoes		Shortening
	<i>Meat</i>	
Carrots	1/2 lb. Raw Shrimp, de-veined, shelled	Extra Virgin Olive Oil
1 Lime	2 lbs. Chicken Tenders	1 Pkg. Italian Dressing Seasoning
1 Mango	Pepperoni	Dry Active Yeast
	Applewood Smoked Bacon Pork Loin Filet	<i>Dairy</i>
<i>Frozen</i>		Eggs
		Milk
		Butter
		Sour Cream
		Parmesan Cheese
		Fresh Mozzarella Cheese