



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crock Pot Pepper Steak	Rice
Tuesday	Mediterranean Chicken with Artichokes and Rice	
Wednesday	Crockpot Cheesy Beef Spaghetti	Green Beans Garlic Bread
Thursday	Barbecue Turkey Meatballs and Mango Jalapeno Slaw	Riced Cauliflower
Friday	Strawberry Balsamic Chicken	Spinach Salad with Toasted Almonds and Lemon Vinaigrette Dressing
Saturday	Plan to Eat Out	
Sunday	Chicken & Cheese Quesadillas	Black Beans and Side Salad

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Onions	1 Box Beef Broth	Cornstarch
Garlic Bulb (if needed)	1 Box Rice	Red Wine Vinegar
Lettuce	2 Cans Artichoke Hearts	Balsamic Vinegar
Tomato	Pine Nuts	Dried Paprika
Cucumbers	1 Pkg. Rice Pilaf or Risotto	Dried Cumin
1 Bunch Fresh Basil	1 Jar Rigoni di Asiago Organic Lemon Fruit Spread	Apple Cider Vinegar
Carrots	1 lb. Spaghetti Noodles	Oat Flour
1 Head Purple Lettuce	1- 48 oz. Jar Pasta Sauce	Flax Seeds
3 Jalapeno Peppers	10 Flour Tortillas	Blackstrap Molasses
1 Poblano Pepper	Worcestershire Sauce	Himalayan Pink Salt
2-3 Tomatoes	1 Jar Dijon Mustard	1 Bottle Liquid Smoke
1 Pkg. Fresh Strawberries	1 15 oz. Can Tomato Sauce	<i>Dairy</i>
4 Lemons	1 Jar Salsa	Eggs
2 Mangoes	1 Can Black Beans	Milk
<i>Frozen</i>	<i>Meat</i>	Butter
1 14 oz. Bag Pepper Stir-Fry Mix	4 Boneless, Skinless, Chicken Breasts	Shredded Mozzarella Cheese
Garlic Bread	2 1/2-3 lbs. Beef Stew Meat or Steak	Pecorino Romano Cheese
1 Pkg. Green Beans	1.5 lbs. Ground Beef	Shredded Cheddar Cheese
	1 Rotisserie Chicken, Cooked	Sour Cream
	3 lbs. 93% Lean Ground Turkey	Guacamole