

## My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crispy Baked Chicken Drumsticks	Easy Parmesan Orzo, Asparagus
Tuesday	Crock Pot Cowboy Casserole	Sliced Cucumbers Dinner Rolls
Wednesday	Crockpot Stuffed Bell Peppers	Ice
Thursday	Philly Cheesesteak Pasta	French Bead
Friday	Plan to Eat Out	
Saturday	Tex-Mex Chicken Chili	Corn Muffins
Sunday	Low-carb Layered Cobb Salad	





## My Shopping List

Fruits & Veggies	Packaged	Pantry
1 Bunch Fresh Parsley	1 Jar Chicken Bouillon Cubes	Vegetable Spray
1 Bunch Asparagus	1 Box Chicken Broth	Mayonnaise
Cucumbers	1 Pkg. Orzo Pasta	Swerve Sweetener
Avocado	1 - 10.5 Oz. Can Cream of Chicken, Mushroom or Celery Soup	
7 Bell Peppers	2- 15 oz. Cans Corn	
Romaine Lettuce	1 Box Long-grain White Rice	
Plum Tomatoes	2 15 oz. Cans Tomato Sauce	
1 Red Onion	1 lb. Pasta (Your choice: Rotini, Penne,)	
1 Sweet Onion	1 15 oz. Jar Creamy Alfredo Sauce	
	2 Cans Mexican Style Stewed Tomatoes	
	1 Can Black Beans	
	1 Can Pinto Beans	
	1 Can Cheese Soup	
	Ranch Salad Dressing	
	Dinner Rolls	Dairy
Frozen	Meat	Eggs
1 Pkg. Southern Style Haskbrowns	3 lbs. Chicken Drumsticks	Milk
	1.5 lbs. Ground Beef	Butter
	1 1/2 lbs. Boneless Ribeye Steak	Sour Cream
	2 lbs. Boneless, Skinless, Chicken Breasts	Shredded Cheddar Cheese
	1 lb. Bacon	Shredded Mozzarella Cheese
		Parmesan Cheese
		5 Sliced Provolone Cheese