

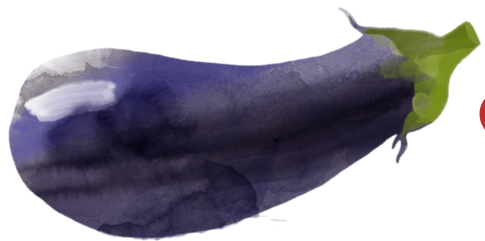


My Meal Plan for the Week

Day	Entrée	Sides
Monday	Grilled Rib eye Steak	Grilled Vegetables
Tuesday	Chicken with Roasted Garlic Cloves, Mushrooms and Rosemary	Buttered Angel Hair Pasta
Wednesday	Beef & Bean Slow Cooker Enchiladas	Iceberg Wedges Topped with Ranch Dressing and Bacon Bits
Thursday	Crockpot Cheesy Salsa Sloppy Joes	Steamed Broccoli
Friday	Plan to Eat Out	
Saturday	Grilled Pork Chops with Rosemary Garlic Rub	Bruschetta Tomato Salad
Sunday	Crockpot Greek Chicken Thighs	Dinner Roles

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Med. Eggplant	1 Box Chicken Stock	Extra Virgin Olive Oil
2 Yellow Squash	Dry White Wine	Kosher Salt
1 Med. Zucchini	1 Box Angel Hair Pasta	Peppercorns (and grinder if needed)
1 Sweet Vidalia Onion	1 Bottle Ranch Dressing	1 Bottle Balsamic Vinegar
2 Sm.—Med. White or Yellow Onions	1 Pkg. Real Bacon Bits (or make your own)	Garlic Salt
2 Garlic Bulbs	2 Cans Beans (Pinto or Black)	Oregano
1 Bunch Fresh Rosemary	1 Jar Enchilada Sauce	
1 Bunch Fresh Basil	1 Jar Salsa	
1 lb. Sliced Mushrooms	1- 6-8 Count Pkg. Flour Tortillas	<i>Dairy</i>
1 Pkg. Baby Spinach Leaves	6-8 Kaiser Rolls	Butter
1 Head Iceberg Lettuce	Dinner Rolls	1 Pkg. Shredded Mexican Cheese
1 Sm. Bag Red Potatoes	<i>Meat</i>	1 Box Velveeta Cheese
2 Medium Sized Tomatoes or 1 Pint Cherry Tomatoes	1 Rib eye Steak per person (or split one between kids)	
1 Lemon	3.5-4 lbs Boneless, Skinless, Chicken Breasts	<i>Frozen</i>
	1/2 lb. Ground Turkey (or beef)	1 Pkg. Broccoli
	1 -2 lbs. Ground Beef	
	4 - ¼" Thick Pork Chops (or enough for your family)	