



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Rotisserie Style Chicken	Green Beans Ciabatta Rolls
Tuesday	Italian Meatloaf	Parmesan Roasted Potatoes
Wednesday	Crockpot Pork Carnitas	Pineapple Mango Salsa White Rice
Thursday	Chicken Alfredo Flatbread	Garden Salad
Friday	Italian Sausage & Noodles	Garlic Toast
Saturday	Plan to Eat Out	
Sunday	Pork Tenderloin with Carrots and Potatoes	Crusty French Bread

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
4-6 Med. Yellow Onions	1 Jar Fire Roasted Red Peppers	McCormick's Grill Mates Montreal Chicken Seasoning
1 Lg. Sweet Onion	1 Can Tomato Sauce	Dried Italian Seasoning
2 Green & 1 Red Bell Pepper	1 Container Italian Seasoned Bread Crumbs	Bay Leaves
2 Med. Jalapeno Peppers	1 Bottle Lime Juice	Dried Oregano
1 Banana Pepper	1 - 6-8 Count Pkg. Flour Tortillas	Red Pepper Flakes
1 Garlic Bulb	1 Box White Rice	Sugar
1 Fresh Ginger Root	1 Jar Alfredo Sauce	1 Bottle Worcestershire Sauce
2 Pkgs. Baby Carrots	1 - 6-8 Count Pkg. Flour Tortillas	1 Pkg. Almond Flour
1- 5 lb. Bag Baby Red Potatoes	Ciabatta Rolls	
1-2 Vine Ripened Red Tomato	Pkg. Egg Noodles	<i>Frozen</i>
8 Russet Potatoes	1 Jar Mushroom Marinara Sauce	1 Pkg. Green Beans
8-10 Roma Tomatoes (Enough for 4 Cups)	Crusty French Bread	Garlic Toast
Lettuce	<i>Meat</i>	
Cucumber	5-6 lb. Whole Chicken	<i>Dairy</i>
1 Bunch Fresh Thyme	1.5 lbs. Ground Beef or Turkey	Eggs
1 Fresh Peeled & Cored Pineapple)	5 lb. Pork Shoulder	1 Wedge Parmesan Cheese
2 Mangoes	1-2 Boneless, Skinless, Chicken Breasts	2 Sm. Pkgs. or 1 Lg. Shredded Mozzarella Cheese
	1 lb. Bacon	1 Box Butter
1 Bunch Fresh Thyme	1 Pkg. Sweet Italian Sausages	1 Sm. Container Egg Whites
	1- 2-3 lb. Pork Tenderloin	