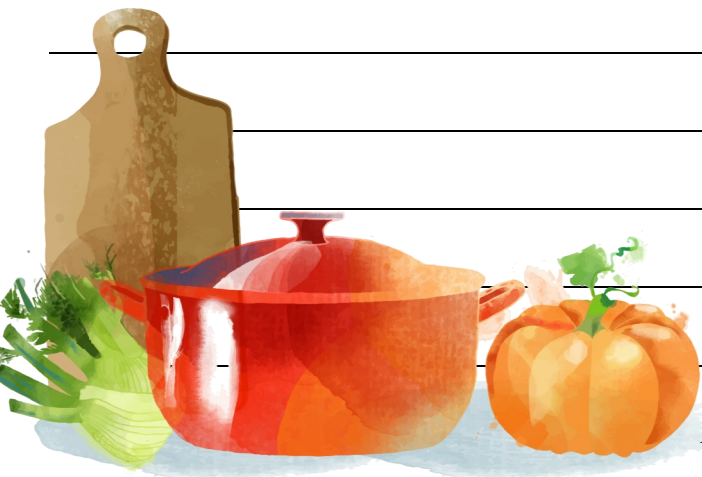


My Meal Plan for the Week

Day	Entrée	Sides
Monday	Broccoli and Cheese Soup	Homemade Italian Bread
Tuesday	Crock Pot Smothered Pork Chops	Butternut Squash, Sliced Tomatoes
Wednesday	Seared Strip Steak	Corn on the Cob and sliced cucumbers with ranch dressing.
Thursday	Coconut Chicken Curry	
Friday	Roasted Brats with Caramelized Roasted Pears	
Saturday	Roast Beef and Cheese Sliders	Onion Rings
Sunday	Plan to Eat Out	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
4 Pears	1 Lg. Box Chicken Broth	All-purpose Flour
Garlic Bulb	2 Cans Cream of Mushroom Soup	Active Dry Yeast
3 Onions	Coconut Milk	Sugar
Slicing Tomatoes	Mayonnaise	Lawry's Seasoned Salt
Cucumbers	Dijon mustard	Garlic Powder
2 lbs. Golden Baby Potatoes	Worcestershire Sauce	Curry Leaves
1 Pkg. Mushrooms	Maple Syrup	Coriander Seeds
green Chilies	10 Slider Buns	Cumin Seeds
Corn on the Cob		Turmeric Powder
Dried Red Chilies		Onion Powder
3 Sprigs Fresh Rosemary		Garlic Powder
		Light Cooking Oil
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
2 Bags Frozen Broccoli	8 Boneless Pork Chops	Milk
Onion Rings	4 NY Strip Steaks	Butter
Butternut Squash	2 Lg. Boneless, Chicken Breasts	1 lb. Shredded Cheddar Cheese
	2 Packages of Bratwurst	5-8 slices Provolone cheese
	1 pound deli roast beef sliced thin	