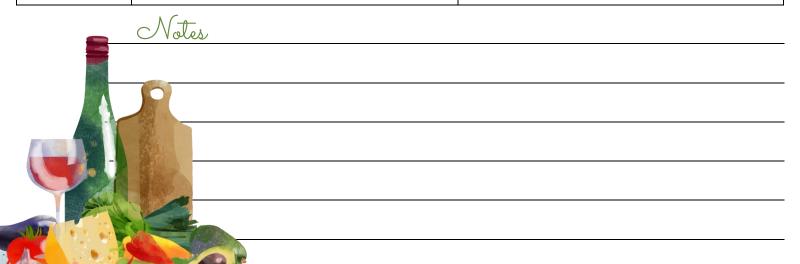


## My Meal Plan for the Week

| Day       | Entrée                                       | Sides                                                                 |
|-----------|----------------------------------------------|-----------------------------------------------------------------------|
| Monday    | Creamy Lemon Pasta<br>with Heirloom Tomatoes |                                                                       |
| Tuesday   | Cubed Steaks in the Crock Pot                | Green Beans<br>Mashed Potatoes                                        |
| Wednesday | Mediterranean Cod Sheet Pan Dinner           |                                                                       |
| Thursday  | Crock Pot Chili Mac                          |                                                                       |
| Friday    | DIY Mongolian Beef Stir-fry                  | White Rice                                                            |
| Saturday  | Plan to Eat Out                              |                                                                       |
| Sunday    | Grilled Burgers                              | Corn on the Cob<br>Sliced Tomatoes drizzled<br>with Olive Oil & Basil |





## My Shopping List

| Fruits & Veggies              | Packaged                             | Pantry                  |
|-------------------------------|--------------------------------------|-------------------------|
| 2 Lemons                      | 1 Envelope Au Jus Gravy Mix          | Olive Oil               |
| Yellow Onion                  | 1 Envelope Onion Soup Mix            | Vegetable Oil           |
| 1-2 Pints Cherry Tomatoes     | 1 Lg. Box Beef Broth                 | Sesame Oil              |
| 1 Pint Grape Tomatoes         | 1 Sm. Jar Capers                     | Crushed Red Pepper      |
| 1-2 Slicing Tomatoes          | 1 Can Red Kidney Beans               | Garlic Powder           |
| 1 Sm. Fresh Ginger Root       | 1 Can Stewed Tomatoes                | Chili Powder            |
| 1 Garlic Bulb                 | 1 Box Elbow Macaroni                 | Ground Cumin            |
| 1 Bag Potatoes                | Corn Bread Mix                       | Dried Oregano           |
| 1 lb. Green Beans (or Frozen) | Soy Sauce                            | Dried Italian Seasoning |
| 1 Bunch Parsley               | White Rice                           | Brown Sugar             |
| 1 Bunch Green Onions          | Hamburger Buns                       | Corn Starch             |
| 1 Bunch Fresh Basil           |                                      |                         |
| Corn on the Cob               |                                      |                         |
| Lettuce                       |                                      |                         |
| Kalamata Olives (or jarred)   |                                      |                         |
| Frozen                        | Meat                                 | Dairy                   |
| Garlic Bread                  | 2 lbs. Cubed Steak                   | Eggs                    |
|                               | 2-1 in. Cod Filets                   | Milk                    |
|                               | 2 Chicken Breasts                    | Butter                  |
|                               | 1 lb. Tri-tip Beef (or London Broil) | Heavy Cream             |
|                               | 1 lb. Hamburger                      |                         |
|                               |                                      |                         |
|                               |                                      |                         |
|                               |                                      | Elever Ora Mar Elever   |