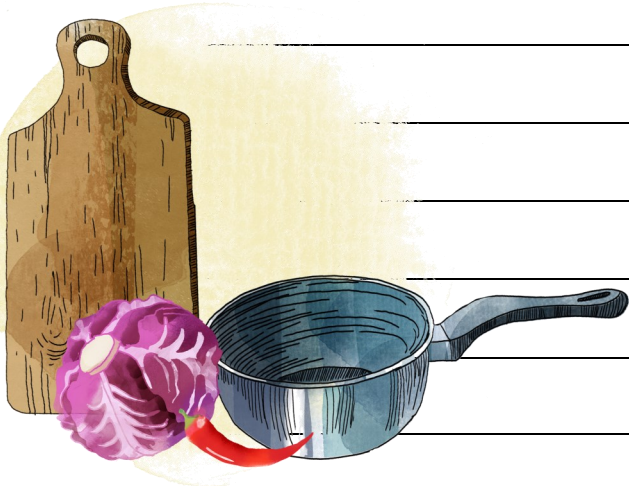




My Meal Plan for the Week

Day	Entrée	Sides
Monday	Romaine Salad with Chicken, Beets, and Walnuts, with Poppy Seed Dressing	
Tuesday	Idahoan Premium Steak-house Potato Soup	Oyster Crackers
Wednesday	Crock Pot Garlic Herb Chicken	
Thursday	Smothered Beef Burritos	Garden Salad
Friday	Plan to Eat Out	
Saturday	Grilled Vegetable Frittata	Tomato & Cucumber Salad
Sunday	Crock Pot Beef Stroganoff	Crusty French Bread

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Garlic Bulb	1 Can Cream of Mushroom Soup	Olive Oil
3 Yellow Onion	1 Pkg. Onion Brown Gravy Mix	Italian Spice Mix
1 Pint Mushrooms	Beef Bouillon Cubes	Walnuts
Red & Yellow Sweet Peppers	1 Bottle Worcestershire Sauce	
1 Eggplant	1- 10 oz. Can Diced Tomatoes with Chiles	
Cucumbers	1- 15 oz. Can Refried Beans	
Tomatoes	1 or 2- 10 oz. Cans Red Enchilada Sauce	
1 Bag Red Potatoes	3 packages Idahoan® Premium Steakhouse® Creamy Potato Soup	
1 Bunch Fresh Rosemary	1 Can or Jar Beets	
1 Bunch Fresh Thyme	Poppy Seed Dressing	
Romaine Lettuce	Flour Tortillas	
Lettuce	Crusty French Bread	
Carrots	Oyster Crackers	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
	4 lbs. Stewing Beef (divided in 2)	2 Doz. Eggs
	4 Boneless Skinless Chicken Breasts	Milk
	1 Rotisserie Chicken	Butter
		8 oz. Sour Cream
		8 oz. Cream Cheese
		1 Pkg. Mozzarella Cheese
		1 Pkg. Shredded Cheddar Cheese