



# My Meal Plan for the Week

Day	Entrée	Sides
Monday	Garlic Chicken and Apple Salad	
Tuesday	Peppered Tuna Steaks with Lemon Dijon Cream Sauce	Pan-seared Asparagus
Wednesday	Baked Portobello Mushroom Alfredo	Garlic Bread
Thursday	Crockpot Chicken Chili	Crusty Sourdough Bread or Cornbread
Friday	Mexican Pot Roast	Steamed Green Beans
Saturday	Teriyaki Chicken Kabobs	White Rice and Green Snap Peas
Sunday	Plan to Eat Out	

Notes





# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 lg. Apple	Caesar Salad Dressing	Dijon Mustard
1 Lemon	Croutons	Dried Cumin
1 head Romaine Lettuce or 1 Pkg. Spring Mix Salad	1 Box Chicken Broth	Dried Oregano
1 lb. Asparagus	8 oz. Fettuccine Noodles	Chili Powder
1-2 lbs. Portobello Mushrooms	1 Pkg. Panko Bread Crumbs	1 Jar Teriyaki Glaze
1 Bag Onions	1- 14.5 oz. Can Hunt's Fire-roasted Diced Tomatoes	
4 Green & 1 Red Bell Pepper	2 Cans Cannellini Beans	
1 Garlic Bulb	1 Can Black Beans	<i>Frozen</i>
Green Snap Peas	1- 2 oz. Can Chile Peppers	Garlic Bread
	Crusty Sourdough Bread or Cornbread Mix	1 Pkg. Green Beans
	14 oz. Can Tomato Sauce	
	1- 10 oz. Can Ro-Tel Tomatoes	<i>Dairy</i>
	1- 4 oz. Can Diced Mild Green Chiles	Parmesan Cheese
	1- 16 oz. Can Pineapple Chunks	½ Pint Heavy Cream
	White Rice	
	<i>Meat</i>	Butter
	6.5 lbs. Boneless, Skinless, Chicken Breasts	Sour Cream
	2 lbs. Tuna Steaks	1 Pint Half & Half
	3 lb. Beef Chuck Roast	1 Pkg. Shredded Mozzarella Cheese
		Shredded Cheese