



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Instant Pot Honey Garlic Pork Tenderloin	Potatoes & Asparagus
Tuesday	Mexican Street Tacos	Spanish Rice
Wednesday	Quick & Easy Garlic Shrimp	Noodles
Thursday	Sesame Chicken Legs	Quinoa and Steamed Spinach
Friday	Baked Sweet Potatoes with Chipotle Chili	
Saturday	Crock Pot Vegetarian Soup	Crackers
Sunday	Plan to Eat Out	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
2 Limes	1- 28 oz. Can Chopped Tomatoes	Coconut Oil
1 Bunch Fresh Cilantro	1 Can Chipotle Chili in Adobo Sauce	Olive Oil
3 Medium Tomatoes	1 Can Adobo Sauce	Smoked Paprika
2 Green, 1 Yellow, 3 Red Bell Peppers	1 Box Chicken Stock	Red Pepper Flakes
1 Onion	1- 15.5 oz. Can Black Beans	Grated Ginger
1 Red Onion	2- 15.5 oz. Cans Kidney Beans	Toasted Sesame Seeds
Garlic Bulb	1-15 oz. Can Navy Beans	Ground Cumin
Fresh Baby Spinach	1-15 oz. Can Cannellini Beans	Ground cinnamon
1-2 Serrano Chiles	1-15 oz. Can Corn	Bay Leaves
8 Sweet Potatoes	2 Cans Stewed Tomatoes	Dried Thyme
	1 Lg. Box Vegetable Stock	Cocoa Powder
	Dijon Mustard	Corn Starch
	Crackers	Honey
	1 Bottle Red Wine	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Package Sweet Corn	1 lb. Raw Shrimp	Eggs
	1 Pkg. Chicken Legs	Milk
	1 lb. Ground Beef	Butter
	1 lb. Ground Turkey	
	1.5 lbs. Skirt Steak	