



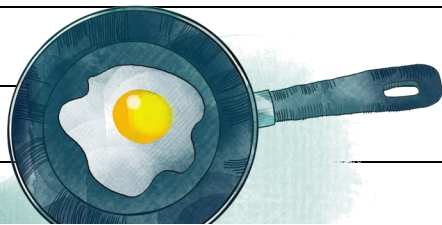
My Meal Plan for the Week

Day	Entrée	Sides
Monday	Easy Homemade Lasagna	Green Beans and Garlic Toast
Tuesday	Crock Pot Chicken Fajitas	Nachos & Salsa
Wednesday	Crock Pot Beef Stroganoff	Sourdough Bread with Butter
Thursday	Lemon Jalapeno Salmon Cakes	Mashed Potatoes and Buttered Peas
Friday	Plan to Eat Out	
Saturday	Chicken Margherita Pizza	Spinach Salad with Apples and Walnuts
Sunday	Chicken and Waffles Grilled Cheese Sandwiches	

Notes

This shopping list contains ingredients to make your own honey mustard BBQ sauce.

Or, you can purchase your favorite BBQ sauce and mix in mustard for a similar taste.





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1-2 Lemons	2 Jars Traditional Marinara Sauce	Italian Seasoning
1 Lime	1 Box Beef Broth	Ground Cinnamon
Apples	1 Can Evaporated Milk	Garlic Powder
1 Container Portabella Mushrooms	1–16 oz. Bag Thin Egg Noodles	Smoked Paprika
1 Container Button Mushrooms	1 Can Spinach (or fresh or frozen)	Chili Powder
1 Bag, Shredded Lettuce, or 1 Head	1 Box Lasagna Noodles	Mustard
1 Bunch green onions	1–12 oz. Can Salmon	Ketchup
1 Garlic Bulb or Jar of Minced	Flour or Corn Tortillas	Mayonnaise
1 Small Onion	Salsa	Maple Syrup
1 Sm. Bag Spinach	Nacho Chips	Honey
1 Bag Potatoes	1 Sourdough Bread Boule	Apple Cider Vinegar
		Walnuts
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Belgian Waffles	3 Boneless, Chicken Breasts	Eggs
Chicken Fingers	Pepperoni	Unsalted Butter
Garlic Toast	1 lb. Bulk Sausage	8 oz. Cream Cheese
1 Pkg. Frozen Green Beans	1 1/2 to 2 lbs. Beef Sirloin Steak	16 oz. Sour Cream
1 Pkg. Frozen Peas	1 lb. Bacon	16 oz. Shredded Mozzarella Cheese
	1 lb. Lean Ground Turkey	Mozzarella Slices
	1/2 lb. Italian Turkey Sausage	1 Can Pizza Dough
	1 lb. Chicken Breast	Parmesan Cheese
		Cottage Cheese