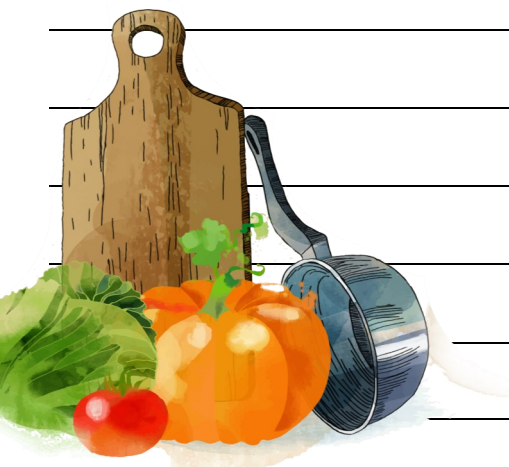




My Meal Plan for the Week

Day	Entrée	Sides
Monday	One Pot Skillet Greek Chicken & Potatoes	
Tuesday	Tuna Melt Calzones	Steamed Broccoli
Wednesday	Flatbread Fajita Pizza	Garden Salad
Thursday	Crock Pot Creole Chicken Recipe	White Rice
Friday	Pumpkin Soup with Roasted Mushroom Garnish	Artisan Bread
Saturday	Plan to Eat Out	
Sunday	Bacon Hashbrown Casserole	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1-2 Lemons	2 Cans White Solid Albacore Tuna	Extra Virgin Olive Oil
1 Bunch Fresh Thyme	Mayonnaise	Vegetable Oil
1 Bulb Garlic (if needed)	Salsa	Active Dry Yeast
1 Red Onion	1 Packet Taco Seasoning	All-Purpose Flour
4 Med-Lg. Onions	1 Packet Ranch Seasoning	Chili Powder
1- 2 lb. Bag Golden Potatoes	1- 14.5 oz. Can Stewed Tomatoes	Red Pepper Flakes
2-3 Sweet Potatoes	Black Olives	Bay Leaves
5 Red, Yellow, Green, and Orange Bell Peppers	2 Lg. Boxes Chicken Broth	Basil, Oregano & Garlic All-Purpose Sea Salt Seasoning
2 lbs. Sweet Tribelli Peppers	White Rice	White Pepper
1 Jalapeno or Fresno Chile	1 Can Coconut Milk	Corn Starch
2 lbs. Fresh Pumpkin, Butternut Squash, or Carrots (your choice)	Flatbread	
Celery	Artisan Bread	
1 Pkg. Shiitake or Cremini Mushrooms	<i>Meat</i>	<i>Dairy</i>
Lettuce	5 lbs. Chicken Thighs	Eggs
Tomato	2 lbs. Beef	Milk
<i>Frozen</i>	Italian Sausage	Butter
4 lbs. Frozen Hash Browns	2 lbs. Boneless, Skinless, Chicken Breasts	6 oz. Pepper Jack Cheese
Frozen Broccoli	1 lb. Bacon	8 oz. Cream Cheese
		Mozzarella Cheese
		1 lb. Cheddar Cheese Block