



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Teriyaki Turkey Burgers	Sweet, Spicy Sweet Potato Fries
Tuesday	Crock Pot Chicken Enchilada Casserole	Garden Salad topped with Cherry Tomatoes
Wednesday	Chicken and Broccoli Casserole	Buttered Corn and Applesauce
Thursday	Bacon Mac and Cheese	Cornbread
Friday	Cheesy Red Pepper Stuffed Chicken Breasts	Green Beans
Saturday	Plan to Eat Out	
Sunday	Parmesan Crusted Tilapia	Coleslaw and Hush Puppies

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Lemons	1 Container Bread Crumbs	Garlic Powder
1 Small Onion	1 Can Sliced Pineapple Rings	Onion Powder
1 Garlic Bulb, or Jar of Minced	1 Pkg. Cornbread Stuffing	Ground Ginger
1 Bunch Green Onions	1 Can Cream of Chicken Soup	Ground Cinnamon
3 Medium Sweet Potatoes	1 Bottle Zesty Italian Dressing	Ground Red Pepper
1 Lg. Cucumber	3-10 oz. Cans Enchilada Sauce	Cumin
1 Bag Garden Salad Mix	10 Flour Tortillas	Dried Basil
Cherry Tomatoes	1-15 oz. Can Black Beans	Dried Onions
	1-15 . Can Fiesta Corn	1 Qt. Vegetable Oil
	1- 3.8 oz. Can Sliced Black Olives	Olive Oil
	1 lb. Cavatappi Noodles	Apple Cider Vinegar
	Soy Sauce	Sugar
		Cornstarch
		Cornmeal
		All-purpose Flour
		Self-Rising Flour
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1-12 oz. Pkg. Broccoli Florets	1.5 lbs. Ground Turkey	Milk
1 Pkg. Frozen Green Beans	8-10 Boneless Chicken Breast	Butter
	1 lb. Bacon	8 oz. Plain Greek Yogurt
	2 lbs. Tilapia Filets	Parmesan Cheese
		32 oz. Mexican Blend Cheese
		16 oz. Shredded Sargento ChefBlends Italian Cheese
		1 Pkg. Shredded Cheddar Cheese
		1 Pkg. Shredded Colby Jack
		1 Pkg. Shredded Mozzarella
		8 Slices American Cheese