



My Meal Plan for the Week

| Day | Entrée | Sides |
|-----------|--|---------------|
| Monday | Pressure Cooker Beef Stew | Artisan Bread |
| Tuesday | Chicken, Bacon, Ranch Casserole | |
| Wednesday | Beet and Apple Salad with Maple Vinaigrette topped with sliced chicken | |
| Thursday | Salmon Tacos | Side Salad |
| Friday | Crock Pot Cowboy Casserole | |
| Saturday | Cheesy Chicken and Broccoli Casserole | |
| Sunday | Plan to Eat Out | |

Notes





My Shopping List

| <i>Fruits & Veggies</i> | <i>Packaged</i> | <i>Pantry</i> |
|--|-------------------------------|-------------------------------|
| Carrots | 1 Can Tomato Paste | Vegetable Oil |
| Onions | 1 Lg. Container Beef Broth | Olive Oil |
| Red Potatoes | 1 Lg. Container Chicken Broth | Balsamic Vinegar |
| Beets | 2 Cans Cream of Chicken Soup | Cumin |
| Arugula | 1 Box Brown Rice | Chili Powder |
| Apples | 1- 16 oz. Can Diced tomatoes | Garlic Powder |
| 2 Limes | 1 jar Salsa | Paprika |
| | 1 Can Corn | All Purpose Flour |
| | 1 Pkg. Ranch Dressing | Active Dry Yeast |
| | 1 Box Penne Pasta | Maple Syrup |
| | Mayonnaise | |
| | Pine Nuts | |
| <i>Frozen</i> | <i>Meat</i> | <i>Dairy</i> |
| Seasoning Blend, (Onion & Bell Pepper) | 1.5 lbs. Stew Beef | Eggs |
| Corn | 1 lb. Salmon Fillets | Milk |
| Green Beans | 1.5 lbs. Ground Beef | Butter |
| Peas | 4 Boneless, Chicken Breasts | Shredded Cheddar or Ched/Jack |
| Broccoli Florets | 1 lb. Bacon | Sour Cream |
| Southern Style Hash Browns | | 1- 8 oz. Pkg. Cream Cheese |
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