



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Creamy Chicken Casserole	Mashed Cauliflower
Tuesday	Mexican Meatballs	White Rice
Wednesday	Creamy Bacon Sauce with Spinach over Gnocchi	
Thursday	Crock Pot Chicken and Roasted Sweet Potato	
Friday	Slow Cooker Cubano Sliders	Black Beans
Saturday	Plan to Eat Out	
Sunday	Homestyle Shepherd's Pie	Dinner Rolls

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Bunch Fresh Thyme	1 Pkg. White Rice	Olive Oil
2 Medium Sweet Potatoes	2 Cans Black Beans	Bay Leaves
Leeks	1 Lg. Container Chicken Broth	Ground Cinnamon
3-4 Sm.to Med. Onions	1 Can Cream of Chicken Soup	Ground Cumin
1 Garlic Bulb	1 Pkg. Gnocchi	Ground Chili Powder
2 Jalapeno Peppers	1 Can Tomato Paste	Ground Coriander
1 Bunch Asparagus	Worcestershire Sauce	Ground Thyme
1 Pkg. Baby Spinach	Sm. Dill Pickles or Cornichons	Steak Seasoning
Zucchini	Yellow Mustard	Corn Starch
Potatoes	24 Mini Slider Buns	White Wine
Carrots	Dinner Rolls	
1 Orange		
1-2 Limes		
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Mashed Cauliflower	3 lbs. Boneless Chicken Breasts	Eggs
Peas	3 lbs. Pork Roast	Milk
Corn	1 Pkg. Smoked Bacon	Butter
	1/2 lb. Ground Turkey (or beef)	Heavy Cream
	Deli Ham	12 Slices Jarlsburg Cheese
		Shredded Cheddar Cheese
		2 oz. Pecorino Cheese
		Orange Juice
		2 Pkgs. Seamless Crescent Rolls