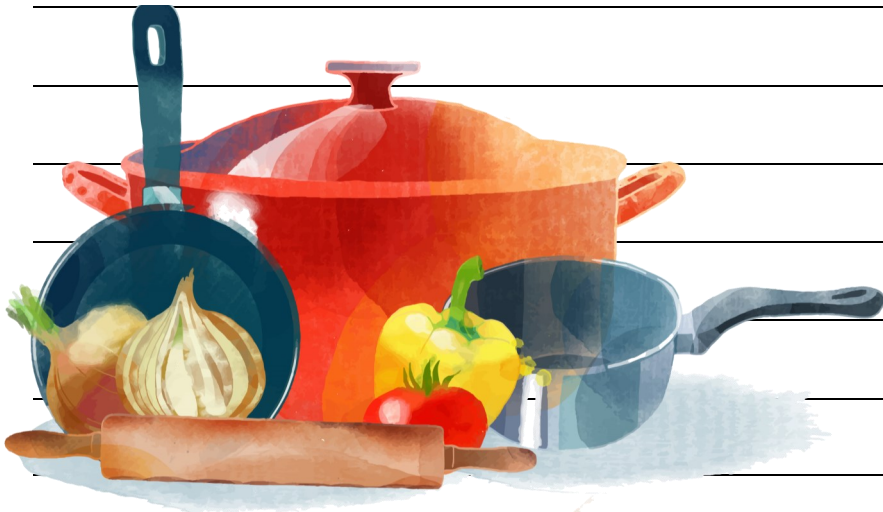




My Meal Plan for the Week

Day	Entrée	Sides
Monday	Bacon Wrapped Barbecue Chicken	Steamed Mixed Vegetables
Tuesday	Crock Pot London Broil with Potatoes and Carrots	
Wednesday	Linguini with Pancetta and Peas	Crusty Bread
Thursday	Mini Meatloaf	Mashed Potatoes & Steamed Broccoli
Friday	Plan to Eat Out	
Saturday	Creamy Easy Potato Soup	
Sunday	BLT Quiche with Potato Crust	Romaine Salad & Dinner Rolls

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
3 lbs. Baby Red Potatoes	1 Lg. Container Beef Broth	Olive Oil
1 to 2 Lg. Red Skin Potatoes	1 Lg. Container Chicken Broth	Dried Parsley
Onions	1 Container Fine Bread Crumbs	Dried Basil
Carrots	1 Pkg. Linguine Noodles	Onion Powder
2 Pkgs. Baby Spinach	Ketchup	
1 Garlic Bulb	Barbecue Sauce	
2 Lg. Roma Tomatoes	1 Loaf Artisan or French Bread	
1 Bunch Celery	Hamburger Buns	
Romaine Lettuce	Dinner Rolls	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Mixed Vegetables	3 lb. London Broil	2 Doz. Eggs
Broccoli	1 lb. Bacon	Milk
	1 lb. Ground Beef	Butter
	4-6 Boneless Chicken Breasts	Half & Half
	4 oz. Pancetta	Heavy Whipping Cream
		Shredded Cheddar
		Grated Parmesan Cheese