



# My Meal Plan for the Week

Day	Entrée	Sides
Monday	Spicy Cajun Chicken Fettuccine Alfredo	
Tuesday	Homemade Turkey Pot Pie	Garden Salad and Dinner Rolls
Wednesday	Ham, Potato and Green Bean Casserole	
Thursday	Crock Pot Chicken and Wild Rice Soup	Crusty French Bread
Friday	Easy Taco Pizza	
Saturday	Plan to Eat Out	
Sunday	Buffalo Chicken Sliders	Baked Beans

## Notes

---

---

---





# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Avocado	1–16 oz. Pkg. Fettuccine Noodles	Olive Oil
1 Bunch Green Onions	1-32oz. Carton Chicken Broth	Cajun Seasoning
1-2 Sm.–Med. Onions	1 Box Wild Rice	Ground Red Pepper
Garlic Bulb	Seasoned Bread Crumbs	Dried Thyme
1 Bunch Fresh Rosemary	1 Can Baked Beans	Dried Parsley
Potatoes	1 Can Refried Beans	Onion Powder
Carrots	Dinner Rolls	Garlic Powder
Celery	Crusty French Bread	1 Pkg. Mild Taco Seasoning
Green Beans	Doritos	Corn Starch
1 Head Lettuce		All-purpose Flour
1 Tomato		
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Pkg. Frozen Peas	3 Boneless Chicken Breasts	Eggs
	1.5–2 lbs. Skinless, Boneless Chicken Breasts or Thighs	Milk
	1 Sm. Turkey Breast (or use leftovers)	Butter
	1-2 Breakfast Ham Slices (or use leftovers)	Heavy Cream or Half & Half
	1 lb. Hamburger	Shredded Cheddar Cheese
		Grated Parmesan Cheese
		1- 8 oz. Box Cream Cheese
		1 Pkg. of Pie Crust with 2 Rolls
		1 Tube Pizza Crust