



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Grilled Chicken & Bacon Pizza with Garlic Cream Sauce	
Tuesday	Brown Sugar Pineapple Glazed Ham	Roasted Potatoes and Balsamic Roasted Green Beans
Wednesday	Mac and Cheese with Ham	Leftover Veggies
Thursday	Stuffed Acorn Squash with Beef, Apple, and Rice	
Friday	Stick to Your Ribs Shrimp and Grits	
Saturday	Rustic Chicken Cacciatore	Spaghetti Noodles
Sunday	Plan to Eat Out	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
2 lbs. Fingerling Potatoes	1 Can Sliced Pineapple	Olive Oil
1 Garlic Bulb	Maraschino Cherries	1 Box Brown Sugar
3/4 lbs. Green Beans	1 Large Container Chicken Stock	Italian Seasoning
1 Bunch Green Onions	1 Pkg. Grits	Dried Rosemary
1 Garlic Bulb	Bacon Bits	Dried Thyme
Carrots	Elbow Macaroni	Lemon Pepper Seasoning
1-2 Green Bell Peppers	1 Pkg. Pasta (any variety)	Powdered Garlic
1-2 Medium Onions	1 Lg. Can Tomato Sauce	Parsley
1 Bunch Fresh Basil	2 Cans Fire Roasted Diced Tomatoes	Creole Seasoning
2 Acorn Squash	1 Pkg. Short-grain White Rice	Dried Oregano
1 Apple		Balsamic Vinegar
1-2 Lemons		Coconut Oil
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1-2 Pkgs. Shrimp	7 lb. Ham	Eggs
	1 lb. Bacon	Milk
	1 Rotisserie Chicken	Butter
	1 lb. Chicken Legs	Shredded Cheddar Cheese
	1 lb. Ground Beef	Shredded Colby Jack Cheese
		Shredded Mozzarella
		1 Pizza Dough