



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crock Pot Black Eyed Beans	Dinner Rolls
Tuesday	Cabbage Rolls	Cornbread
Wednesday	Easy Skillet Sesame Chicken with Snow Peas and Mushrooms	
Thursday	Creamy Tomato Tortellini Soup	
Friday	Plan to Eat Out	
Saturday	3 Cheese Lasagna Roll-ups	Instant Pot Green Beans & Garlic Toast
Sunday	Guinness Battered Fish and Chips	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Lime	16 oz. Pkg. Dried Black Eyed Peas	Italian Seasoning
Tomatoes	14.5 oz. Can Diced Tomatoes	Onion Powder
3 Small Onions	2 lg. Pkgs. Chicken Stock or Broth	Bay Leaves
1 Garlic Bulb	2- 26 oz. Cans Condensed Tomato Soup	Oregano
1 Head Cabbage	1 Can Tomato Paste	Thyme
1 Pkg. Sliced Mushrooms	1 Pkg. Rice	Sesame Seeds
Lettuce	1 Pkg. Whole Oats	Peanut Oil
Cucumber	1 Pkg. Bread Crumbs	Olive Oil
1 Knob Fresh Ginger	2 Bottles Tomato Juice	Vegetable Oil
1- 12 oz. Pkg. Snow Peas	1 Jar Hoisin Sauce	Baking Soda
2-3 lbs. Fresh Green Beans	1 Bottle Guinness Bear	All-purpose Flour
	1 Pkg. Croutons	
	1 Jar Marinara Sauce	
	Rice Vinegar	<i>Dairy</i>
	Cornbread Mix	Eggs
	1 Pkg. Lasagna Noodles	Milk
<i>Frozen</i>	<i>Meat</i>	Butter
1 Pkg. French Fries	2 lbs. Ground Beef	2- 20 oz. pkgs. 4-Cheese Tortellini
	3 lbs. Boneless Chicken Thighs	Parmesan Cheese
	6-8 Filets of Cod or Halibut	1- 15 oz. Ricotta Cheese
	1 lb. Bacon	2-16 oz. Pkgs. Shredded Mozzarella