



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Black Bean and Corn Quesadillas	Spanish Rice
Tuesday	Loaded Tater Tot Casserole with Sweet Pork Barbacoa	
Wednesday	Spaghetti Carbonara	Country Style Bread
Thursday	Low-carb Pork Cutlets	Green Beans, Glazed Carrots
Friday	Meatball Sub Sandwich	Potato Chips, Dill Pickle
Saturday	Chili Cornbread Casserole	
Sunday	Plan to Eat Out	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Apple	1 Can Black Beans	Brown Sugar
2 lb. Baby Carrots	1 Can Corn	Sugar
1 Med. Onion	1 Can Rotel	Dark Chili Pepper
1 Bulb Garlic	1 Sm. Can Black Olives	Ground Cumin
	1 Jar Salsa	Cocoa Powder
	1 Jar. Marinara Sauce	Granulated Garlic
	1- 28 oz. Can Crushed Tomatoes	Ground Cinnamon
	1- 15 oz. Can Kidney Beans	Dry Mustard
	1- 28 oz. Can Green Enchilada Sauce	Cornstarch
	1 Pkg. Spaghetti	Cornbread Mix
	1 Bottle Italian Dressing	
	1- 16 oz. Can Dr. Pepper	
	Flour Tortillas	
	1 Pkg. Pork Rinds	<i>Dairy</i>
	1 Pkg. Dill Pickles	Eggs
	Potato Chips	Milk
<i>Frozen</i>	Sub Rolls	Butter
1 Bag Frozen Meatballs	Italian Style Bread	Orange Juice
1 Bag Frozen Tater Tots	<i>Meat</i>	1 lb. Block Mozzarella Cheese
	1.25 lbs. Pork Tenderloin	Parmesan Cheese
	1 lb. Ground Beef	Sour Cream
	1 Pkg. Bacon	2 Pkgs. Shr. Cheddar or Colby Jack
		1- 8 oz. Pkg. Cream Cheese