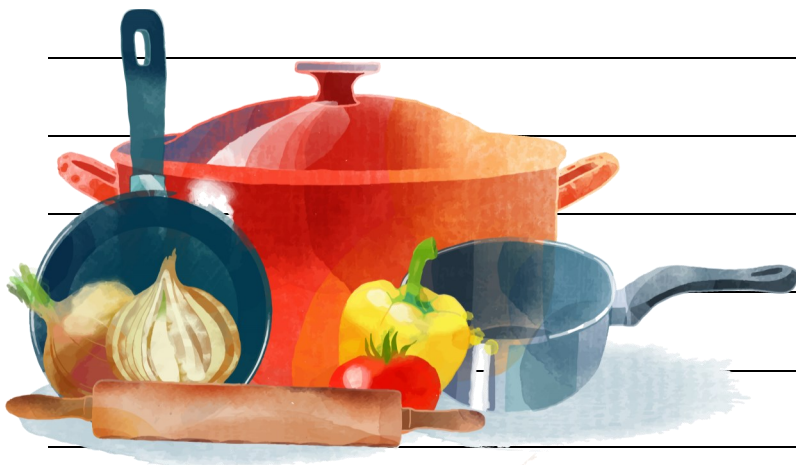




My Meal Plan for the Week

Day	Entrée	Sides
Monday	Instant Pot Taco Bowls	
Tuesday	Crock Pot London Broil with Potatoes and Carrots	
Wednesday	Herb Roasted Chicken Legs	Easy Corn Casserole
Thursday	Quick & Easy Chicken Fajitas	Side Salad
Friday	Plan to Eat Out	
Saturday	Easy Crock Pot Baked Potatoes	Favorite toppings using leftovers from the fridge.
Sunday	Corn Chowder with Bacon	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Lemon	1 Can Black Beans	1-2 Pkgs. Taco Seasoning
1 Lime	1 Jar Salsa	Bay Leaves
1 ea. Green & Red Bell Peppers	1 Pkg. Jasmine Rice	Cornstarch
1 Bulb Garlic	2 Lg. Pkgs. Chicken Broth	Chili Powder
2-3 Medium Sweet Onions	1 Lg. Pkg. Beef Broth	Ground Cumin
1 Pkg. Baby Carrots	1- 8.5 oz. Box Cornbread Mix	Onion Powder
2 lbs. Baby Red Potatoes	2 Cans Corn	Cornstarch
1 Bunch Fresh Cilantro	16 Soft Tortillas	Aluminum Foil
Lettuce	1 Pkg. Instant Potatoes	
Tomatoes		
Cucumbers		
4 Baking Potatoes		
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Bag Frozen Corn	6-8 Boneless, Chicken Breasts	Eggs
	2-3 lb. London Broil	Milk
	2 lbs. Chicken Legs	Butter
	1 lb. Bacon	Sour Cream
		1 Pkg. Cheddar Cheese
		1 Pkg. Sliced American Cheese