



# My Meal Plan for the Week

Day	Entrée	Sides
Monday	Oven Baked Chicken with Potatoes and Carrots	
Tuesday	Slow Cooker Salisbury Steak	Mashed Potatoes, and Garlic Green Beans
Wednesday	Instant Pot Brats with Peppers and Onions	Cole Slaw, and Tater Tots
Thursday	Tomato Asiago Pork Tenderloin	Egg Noodles
Friday	Instant Pot Swiss Chicekn	Steamed Peas
Saturday	Plan to Eat Out	
Sunday	Honey BBQ Chicken Wings	Baked Mozzarella Sticks, Celery Sticks & Hummus



Notes

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# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Lemon	Breadcrumbs	All-purpose Flour
Garlic Bulb	3 Cans Cream of Chicken Soup	Sugar
1 White onion	Hellmann's Mayonnaise	Paprika
1 Lg. Sweet Onion	1 Box Stove Top Stuffing	Onion powder
3 Med. Green Bell Peppers	1 Pkg. Chicken broth	Dried thyme
1 Lg. Red Bell Pepper	Long Potato Rolls	Chili Powder
1 Lg. Yellow Bell Pepper	Reynolds's Oven Bags	Dried Parsley
Cabbage	1 Pkg. Wide Egg Noodles	Garlic Powder
Carrots	40 Blue Diamond Almond Nut-Thins Original Flavor Crackers	1 Pkg. Dry Onion Soup Mix
Potatoes		1 Pkg. Au Jus Mix
1 lb. Green Beans		Vegetable Oil
		Olive Oil
		White Vinegar
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Pkg. Peas	2-3 lbs. Bone-in Chicken Breast or Thighs	Eggs
1 Pkg. Tater Tots	4 Boneless, Chicken Breasts	Milk
	6 Brats	Buttermilk
	2 lbs. Ground beef	Butter
		Sliced Swiss Cheese
		1 Pkg. Mozzarella Sticks (12 count)