



My Meal Plan for the Week

| Day | Entrée | Sides |
|-----------|--------------------------------------|---|
| Monday | Lasagna | Side Salad, Green Beans, and Garlic Bread |
| Tuesday | Crock Pot Tuscan Chicken & Bean Soup | No Knead Five Minute Artisan Bread |
| Wednesday | Seafood Gumbo | White Rice |
| Thursday | Strawberry Balsamic Chicken | Brown Rice, and Raspberry Spinach Salad |
| Friday | Plan to Eat Out | |
| Saturday | Ham & Cheese Calzones | |
| Sunday | Slimmed Down Fish & Chips | |

Notes





My Shopping List

| <i>Fruits & Veggies</i> | <i>Packaged</i> | <i>Pantry</i> |
|-----------------------------|--------------------------------------|------------------------------------|
| Avocado | 2 - 24 oz. Jars Marinara Sauce | Bread Flour |
| 1 Pkg. Raspberries | 1 Can Tomato Sauce | Cornmeal |
| Enoki Mushrooms | 1 Pkg. No-boil Lasagna Noodles | Herbs de Provence |
| 2 Med. Onion | 1 Jar Dijon Mustard | Tony's Creole Seasoning |
| Garlic Bulb | 2 Lg. Boxes Chicken Stock | Old Bay Seasoning |
| 1 Poblano Pepper | 1 Pkg. Dei Fratelli Chopped Tomatoes | Garlic Powder |
| Carrots | 1 Pkg. Panko Bread Crumbs | Italian Seasoning |
| Green Onions | 1 - 15.5 oz. Can Cannellini Beans | Parsley Flakes |
| 1 Bunch Fresh Thyme | 1 - oz. Can Garbanzo Beans | Oregano |
| 1 Bunch Fresh Kale | 1 - 14 oz. Can Diced Tomatoes | Olive Oil |
| Spinach | 1 Pkg. Brown Rice | Balsamic Vinegar |
| | 1 Pkg. White Rice | Brown Sugar |
| | | Cornstarch |
| | | Yeast |
| <i>Frozen</i> | <i>Meat</i> | <i>Dairy</i> |
| 1 Pkg. Steak Fries | 6 Boneless, Skinless Chicken Breasts | Eggs |
| 1 Pkg. Green Beans | 2 lbs. Ground Beef | Milk |
| 1 Pkg. Garlic Bread | 1 lb. Italian Sausage | 2 - 24 oz. Pkgs. Mozzarella Cheese |
| | 1 lb. Shrimp | 2 - 15 oz. Ricotta Cheese |
| | 1 lb. Lump or Crab Claw Meet | Parmesan Cheese |
| | 1 Pkg. Andouille Sausage | 1 lb. Pkg. Pizza Crust |
| | 2 Med. Pieces Fresh Cod | 4 oz. Gruyere Cheese |
| | 6-8 oz. Ham Steak | |
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