



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Pork and Apple Wilted Spinach Quinoa	
Tuesday	BBQ Bacon Cheeseburger Sliders	Loaded Baked Potato Rounds
Wednesday	Crock Pot Lemon Sage Chicken	
Thursday	Instant Pot Beef Barbacoa	Spanish Rice
Friday	Parmesan Crusted Tilapia	Wedge Lettuce Salad
Saturday	Crock Pot Chicken Roasted Sweet Potato Soup	French Bread
Sunday	Plan to Eat Out	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Very Ripe Avocado	2 Boxes Chicken Broth	Dried Basil
2 Lime	1 - 15.5 oz Can Black Beans	Cinnamon
2 Lg. Lemons	1 Bottle Sweet Pineapple BBQ Sauce	Cumin
1 Lg. Apple	1 Pkg. Quinoa or Rice	Bay Leaves
1 Bunch Thyme	1 Pkg. Spanish Rice	Chili Powder
2 Med. Sweet Potatoes	Spicy Honey Mustard Dressing	Garlic Salt
1 Bunch Leeks	Bleu Cheese Dressing	Peppercorns
1 Pkg. Red Potatoes	Bacon Bits	Onion Powder
1 Lg. Sweet Yellow Onion	Mayonnaise	Sage Essential Oil
2 Sm. White Onions	2 Packages KING'S HAWAIIAN® Original Rolls	Olive Oil
1 Garlic Bulb	French Bread	
Asparagus		
Head of Cabbage		
Spinach		
1 Head of Iceberg Lettuce		
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
	1 to 2 lbs boneless chicken	Eggs
	Bacon,	Milk
	6 chicken breasts	Butter
	2 lb Ground Beef	Shredded Cheddar Cheese
	1 Smithfield Marinated Fresh Pork Hardwood Smoked Bacon	Parmesan Cheese
	2 lbs. Tilapia Filets	Monterrey Jack Cheese
		Sour Cream