



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Apple Pork Chops	Asparagus
Tuesday	Chicken Caprese	Fettuccine Noodles
Wednesday	Corn Beef on Rye with Sauerkraut	Broccoli Casserole
Thursday	Tomato, Spinach Chicken Spaghetti	
Friday	Philly Cheesesteak Loaded Baked Potato	
Saturday	Plan to Eat Out	
Sunday	Crock Pot Mississippi Pot Roast	Buttered Noodles

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
2 Apples	1 Pkg. Linguine	Ground Cloves
1 Lemon	1 Box Beef Broth	Cinnamon
Lime	Chipotles in Adobo Sauce	Nutmeg
1 Pkg. Baby Carrots	1 Can Cream of Mushroom Soup	Italian Seasoning
1 Bunch Fresh Basil	Mayonnaise	Bay Leaves
Garlic	Spicy Mustard	Cumin
2-3 Tomatoes	1 Pkg. Herb Stuffing	Brown Sugar
6 Baking Potatoes	1 Jar Pepperoncini	Olive Oil
1 Med. Bell Pepper	2 Pkg. Wide Egg Noodles	Cornstarch
2 Lg. Onion	1 Jar German Sauerkraut	1 Pkg. Au Jus Gravy Mix
1 Bunch Asparagus	Jewish Rye Bread	1 Pkg. Ranch Dressing Mix
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Frozen Broccoli	4 Boneless Pork Chops	Eggs
	3 Boneless, Skinless Chicken Breasts	Milk
	2 lbs. Chipped or Flank Steak	Butter
	4 lbs. Brisket or Chuck Roast	Cheddar Cheese
	2.5 to 3 lbs. Pot Roast	Sour Cream
	Corned Beef	1 Ball Fresh Mozzarella