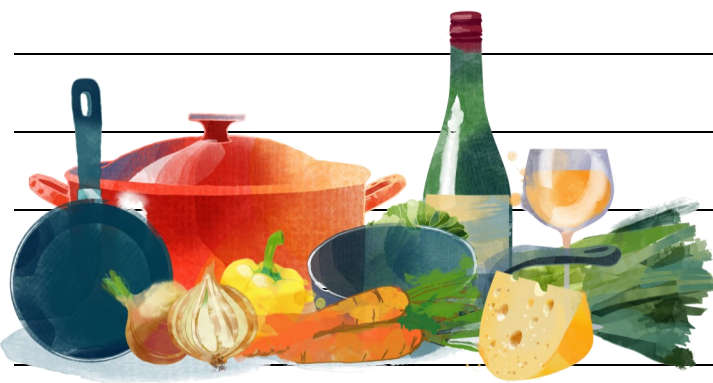


My Meal Plan for the Week



Day	Entrée	Sides
Monday	Chicken Bacon Ranch Casserole	Spinach, Apple & Walnut Salad
Tuesday	Balsamic Marinated Pork Tenderloin	Cauliflower Rice and Steamed Cherry Tomatoes
Wednesday	Ginger Garlic Beef & Broccoli	
Thursday	Easy Chicken Pot Pie	Roasted Garlic Mashed Potatoes
Friday	Hot Cheesy Chicken Sandwiches	Potato Chips & Pickle Spear
Saturday	Plan to Eat Out	
Sunday	Easy Crock Pot Pulled Pork Supper	Coleslaw

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Apples	1 Can Cream of Chicken Soup	Brown Sugar
Green Onions	1 Pkg. Bisquick Mix	Dried Basil
2-3 Medium Onions		Garlic Powder
1 Jalapeno Pepper		Dried Parsley
1 Pkg. Cherry Tomatoes		Dried Mustard
Garlic Bulb		1 Pkg. Sazon
1 Knob Fresh Ginger		Balsamic Vinegar
1 Pkg. Baby Spinach	1- 16 oz. Bottle BBQ Sauce	Olive Oil
2-3 Heads Broccoli	2 Pkgs. Hamburger Buns	Walnuts
3 lbs. Russet Potatoes	Hellman's Mayonnaise	
1 Head Celery	Dill Pickle Spears	
	Potato Chips	
	1 Bottle Vinaigrette Dressing	
	1 Bottle Ranch Dressing	<i>Dairy</i>
	Soy Sauce	Eggs
	Worcestershire Sauce	Milk
<i>Frozen</i>	<i>Meat</i>	Butter
1 Pkg. Riced Cauliflower	6-8 Lg. Boneless Chicken Breasts	Heavy Cream
1 Pkg. Mixed Vegetables	1 lb. Bacon	2 lb. Shr. Cheddar Cheese
	3 lbs. Pork Tenderloin	
	1 lb. Flank Steak	
	1 rotisserie Chicken	