



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Chicken Tenders	Baked Macaroni and Cheese
Tuesday	Healthy Air Fryer Chicken Meatballs	Steamed Broccoli On-hand Fruit
Wednesday	Sloppy Joes Twice Baked Potatoes	Ginger Roasted Broccoli
Thursday	Shrimp in Spicy Garlic Dipping Sauce	Mixed Vegetable Casserole
Friday	Low-carb Meat Calzone	
Saturday	Plan to Eat Out	
Sunday	Cheesy Hashbrown Casserole	Canned Biscuits On-hand Fruit

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Fruit (variety of your choice)	1 lb. Ditalini Pasta	All-Purpose Flour
2-3 Med. Onions	1 Bottle Louisiana Hot Sauce	Dried Mustard
1 Knob Fresh Ginger Root	1 Bottle Ranch Dressing	Bay Leaves
Garlic	1 Can Manwich Sloppy Joe Sauce	Paprika
4-6 Lg. Potatoes	1 Bottle Ketchup	Garlic Powder
Mushrooms	1 Can Cream of Celery	Sesame Oil
	1 Pkg. Ritz Crackers	Red Pepper Flakes
	Soy Sauce	Sesame Seeds
	1 Pkg. Pork Rinds	Cloves
		Italian Seasoning
		Coconut Flour
		<i>Dairy</i>
		2 Doz. Eggs
		Milk
		Butter
<i>Frozen</i>	<i>Meat</i>	
Chicken Tenders	1 lb. Ground Chicken	1 Pkg. Shredded Cheddar
1 Pkg. Frozen Broccoli Florets	2 lbs. Ground Beef	Parmesan Cheese
1- 16 oz. Frozen Mixed Vegetables	1.5 lbs. Fresh or Frozen Shrimp	Sliced Swiss Cheese
1- 16 oz. Frozen Sugar Snap Peas	1 Pkg. Sliced Deli Ham	8 oz. Shr. Colby Jack
1 Pkg. of 8 Hashbrown Patties	1 Pkg. Salami	Sour Cream
	1 Pkg. Capiocola	1- 8 oz. Pkg. Cream Cheese
	1- 16 oz. Pkg. Breakfast Sausage	1 Pkg. Canned Biscuits