



# My Meal Plan for the Week

Day	Entrée	Sides
Monday	Instant Pot Pasta E. Fagioli Soup	Artisan Crackers
Tuesday	Slow Cooker Pineapple Chicken	Creamy Coconut Rice
Wednesday	Shepherd's Pie	Shepherd's Bread
Thursday	BBQ Chicken Quesadillas	Creamy Cilantro Lime Coleslaw
Friday	Plan to Eat Out	
Saturday	Crockpot Beef Sliders	Fruit Salad & Potato Chips
Sunday	Crockpot Italian Sausage Ravioli	

## Notes

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# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Fruit (variety, family favorites)	Artisan Crackers	Olive Oil
2 Avocados	2 White Northern or Navy Beans	A.P. Flour
2 Limes	Red Kidney Beans	Dried Italian Seasonings
Garlic	1 Box Chicken Broth	Garlic Powder
1–14 oz. Bag Coleslaw Mix	1 Box Beef Stock	Onion Powder
1 Bunch Celery	1–15 oz. Can Tomato Sauce	Crushed Red Pepper Flakes
1 Bag Carrots	1–15 oz. Can Diced Tomatoes	Allspice
3 lb. Bag Yukon Gold Potatoes	2–14.5 oz. Cans Stewed Tomatoes	Dried Onion
1 Bunch Cilantro	1 Box Ditalini Pasta	Sugar
1 Bunch Basil	2–20 oz. Can Crushed Pineapple	Brown Sugar
2 Med. Yellow or White Onions	1–20 oz. Can Pineapple Chunks	Worcestershire Sauce
	1 Can Black Beans	Red Wine Vinegar
	1 Can Coconut Milk	Ketchup
	1 Box Long Grain Wild Rice	Mustard
	Buns	Mayonnaise
	Shepherd's Bread	Soy Sauce
	Flour Tortillas	Barbecue Sauce
	Potato Chips	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Peas	Italian Sausage	Eggs
Corn	8 Boneless Chicken Breasts	Milk
Mixed Vegetables	1 lb. Ground Beef	Butter
1 Bag Cheese & Spinach Ravioli	1–2 lbs. Italian Sausage	Fresh Parmesan Cheese
	3 lbs. Boneless Chuck Roast	Favorite Cheese
		Shredded Cheddar Cheese