



My Meal Plan for the Week

<i>Day</i>	<i>Entrée</i>	<i>Sides</i>
Monday	Crispy Baked Chicken Drumsticks	Garden Salad
Tuesday	Shrimp Scampi over Pasta	Tuscan Tomato Mozzarella Salad
Wednesday	Cheeseburger Casserole	Green Peas
Thursday	Taco Stuffed Zucchini Boats	White Rice
Friday	Chicken Strips with White BBQ Sauce	Oven Fries
Saturday	Plan to Eat Out	
Sunday	Kansas City Style Baby Back Ribs	Copycat KFC Cole Slaw

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
3 Lemon	Hellmann's Mayonnaise	Olive Oil
Garlic	Yellow Mustard	Chili Powder
2 onions	Ketchup	Sweet Paprika
12 oz package Heirloom grape tomatoes	Bread Crumbs	Garlic Salt
Celery	Chicken Bouillon	Cayenne Pepper
1 Bell Pepper	Linguini Pasta	Ground Cumin
4 Medium Zucchini	4 oz. Can Tomato Sauce	Taco Seasoning
Garden Salad	1 Pkg. Prepared Horseradish	Parsley
1 Bunch Fresh thyme	1 Loaf Bread	Italian Herbs
1 Bunch Fresh Rosemary	6 oz. Can Extra Large Black Olives	Red Pepper Flakes
1 Bunch Fresh Oregano	Mild Salsa	Dried Mustard
1 Bunch Fresh Basil		Dried Minced Onion
		Brown Sugar
		White Vinegar
		Sugar
		Honey
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Frozen Green Peas	4 skinless boneless chicken breast	Eggs
	1 lb. of large uncooked shrimp	Butter
	2 Racks Baby Back Ribs	Milk
	3 lbs. Chicken Drumsticks	8 oz. Pkg. Fresh Mozzarella Balls
	1 to 1 ½ lbs. Ground Beef	Parmesan Cheese
	1 lb. Lean Ground Beef	Shredded Cheese
		Mexican Blend Shredded Cheese