



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Cheesy BBQ Bacon Chicken	Creamy Pea Pasta Salad
Tuesday	Crock Pot Cube Steak with Gravy	Mashed Potatoes and Steamed Broccoli/ Cauliflower Combo
Wednesday	Simple Spaghetti Carbonara	
Thursday	Grilled Chicken and Blueberry Salad	
Friday	Plan to Eat Out	
Saturday	Grilled Sticky Chicken Skewers	Grilled Corn on the Cob
Sunday	Chicken Enchiladas	Garden Salad

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
2 Lemons	Italian Dressing	Olive Oil
Avocado	Soy Sauce	Sesame Oil
Blueberries	1 Lg. Box Beef Broth	Red Pepper Flakes
Apple	Spaghetti Pasta	Ground Cumin
1 Knob Fresh Ginger	4 oz. Can Tomato Sauce	Au Jus Package
1 Red Bell Pepper	1 Pkg. BBQ Sauce	Cider Vinegar
Corn on the Cob	1 Pkg. Corn Tortillas (24 count)	Bamboo Skewers
Garlic	6 oz. Can Extra Large Black Olives	Brown Sugar
2 Onions	4 oz. Can Diced Green Chiles	Cornstarch
1 Bunch Fresh Green Onions	1 Lg. (28 oz.) + 1 Sm. 19 oz. Can	Sugar
1 Bunch Fresh Oregano	Walnuts	Honey
Arugula		
Potatoes		
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Frozen Mixed Cauliflower/Broccoli	4 Skinless Boneless Chicken Breasts	Eggs
	1 lb. Bacon	Butter
	1 Sm. Chicken Breast or Rotisserie	Milk
	2 lbs. Boneless Chicken Breasts	1 Container Sour Cream
		Parmesan Cheese
		Grated Cheese
		3- Cheese Blend Shredded
		1 oz. Feta
		Cream Cheese