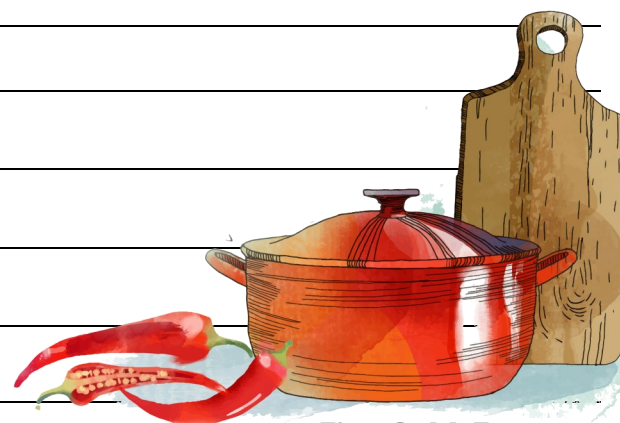




My Meal Plan for the Week

Day	Entrée	Sides
Monday	Pulled Pork BBQ Sliders	French Fries
Tuesday	Crock Pot Smoked Barbecue Beef Brisket	Cheddar Corn Casserole and Cucumber & Sweet Onion Salad
Wednesday	Savory Cheesy Chicken Broccoli	
Thursday	Crock Pot Zuppa Toscano	French Bread
Friday	Spinach Stuffed Chicken Parmesan	Buttered Egg Noodles
Saturday	Slow Cooker Beef & Bean Enchiladas	Avocado & Tomato
Sunday	Plan to Eat Out	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Avocados	1 Bottle Liquid Smoke	All-Purpose Flour
Tomatoes	Worcestershire Sauce	Dill Weed
1 Vidalia Onion	2 Bottles Sweet Barbecue Sauce	Red Pepper Flakes
2 Onions	Hot Sauce	White Vinegar
Garlic	4 Cans Whole Kernel Corn	Sugar
1 Bunch Green Onions	1 Pkg. Croutons	
1 Red Bell Pepper	1 Lg. Box Chicken Broth	
1 English Cucumber	1 Box Campbell's Soups Creamy Herb & Garlic with Chicken Stock	
Potatoes	Instant Rice	
Kale	Bread Crumbs	
Fresh Baby Spinach	1-8 oz. Tomato Sauce	
	2 Cans Black or Pinto Beans	
	2 Cans Enchilada Sauce	
	1 French Loaf	
	Slider Buns	
	Buttery Crackers	
	6 Flour Tortillas	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
French Fries	2 lbs. Bacon	Eggs
Broccoli Florets	3 lb. Flat Beef Brisket	Butter
	14 oz. Mild Italian Sausage	Milk
	One 3-5lb. Pork Shoulder	Heavy Cream
	Cooked Chicken Breast (rotisserie or canned)	Cream Cheese
	4-6 Chicken Cutlets or Breasts	1-16 oz. Pkg. Shredded Cheddar
	1/2 lb. Ground Beef or Turkey	Parmesan Cheese
		Ricotta Cheese
		Mozzarella Cheese