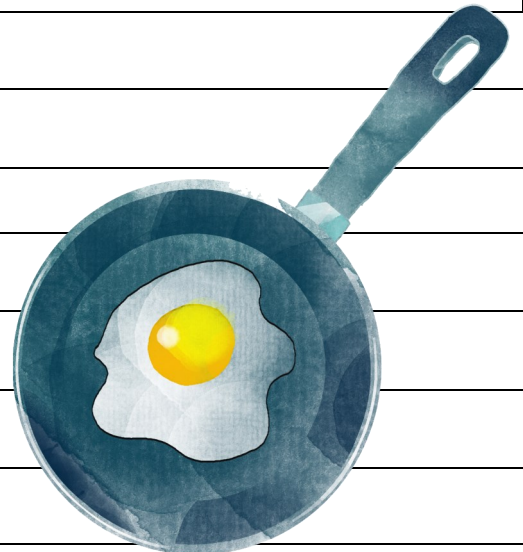




My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crock Pot Pork Loin with Apricot Glaze	Quinoa
Tuesday	Chicken Teriyaki Lettuce Wraps	Red Cabbage Asian Slaw
Wednesday	Crock Pot Creamy Chicken Penne with Cremini & Spinach	
Thursday	Creamy Lemon Dill Salmon	Steamed Broccoli
Friday	Grilled Pork Tenderloin	Easy Parmesan Orzo
Saturday	Plan to Eat Out	
Sunday	Easy Crock Pot Hot Dogs	Ranch Bacon Cucumber & Bacon Salad

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
2Lemon	1 Box Chicken Broth	Olive Oil
	1 Jar Apricot Preserves	Sesame Oil
2 Small Onions	Dijon Mustard	Ground Ginger
Green Bell Pepper	Soy Sauce	Sesame Seeds
Garlic	White Rice	Garlic Powder
Green Onions	Orzo Pasta	Dill Mix Package
Carrots	1 Pkg. Penne Pasta	
Red Cabbage, (head or bagged)	1 Jar Alfredo Sauce	
Lettuce, Bibb or Romaine	Hotdog Buns	Arrowroot Powder
1 Bunch Fresh Parsley		Cornstarch
Cremini Mushrooms		Coconut Aminos
Fresh Spinach Leaves		Red Wine Vinegar
		Raw Honey
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Broccoli Florets	1/2 lb. Salmon Steaks (1 per person)	Eggs
	2-4 Chicken Breasts	Butter
	2 lbs. Boneless, Skinless, Chicken Breasts	Milk
	1 Pork Tenderloin	Heavy Cream
	1- 3 lb. Pork Tenderloin	Grated Parmesan Cheese
	1 Pkg. Hotdogs	