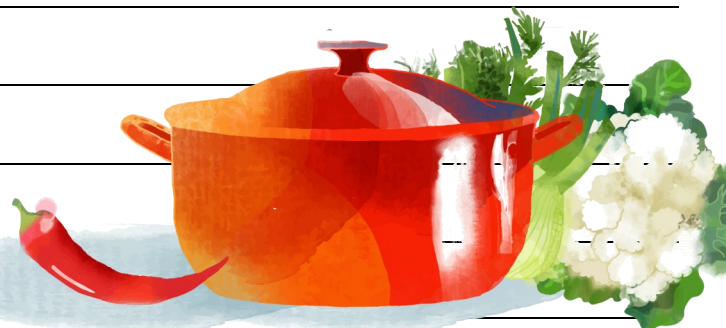


My Meal Plan for the Week

<i>Day</i>	<i>Entrée</i>	<i>Sides</i>
Monday	Meatball Sub Casserole	Garden Salad
Tuesday	Easy Homemade Fettuccine Alfredo	Garlic & Rosemary No-Knead Homemade Bread
Wednesday	Stick to Your Ribs Shrimp and Grits	
Thursday	Slow Cooker Potato & Corn Chowder	
Friday	Crock Pot Chicken and Yellow Rice	Steamed Peas
Saturday	Pork Tenderloin with Sweet Rosemary Cilantro Sauce	Green Beans
Sunday	Plan to Eat Out	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Lemon	1 Jar Marinara Sauce	Olive Oil
	1–16 oz. Pkg. Saffron Yellow Rice	Red Wine Vinegar
1-2 Medium Onions	2 Boxes Chicken Broth	Dried Rosemary
1 Garlic Bulb	1 Box Fettuccine Noodles	Garlic Powder
1 Bunch Fresh Rosemary	1 Loaf Italian Bread	Dried Oregano
1 Bunch Cilantro		Dried Parsley
Green Onions		Bay Leaves
Lettuce		Dried Thyme
Tomatoes		Onion Powder
Cucumbers		
Carrots		Sugar
1 Bag Red Potatoes		A.P. Flour
		Rapid Rise Yeast
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Green Beans	1 Lg. or 2 Sm. Pork Tenderloins	Eggs
1 Pkg. Meatballs	1 Pkg. Bacon	Milk
1 Lg. Package Shrimp (deveined)	4 Boneless Chicken Breasts	Butter
1 Pkg. Corn		Heavy Cream
		Cheddar Cheese
		Mozzarella Cheese
		1 Parmesan Cheese Wedge
		Cream Cheese
		Greek Yogurt