



# My Meal Plan for the Week

Day	Entrée	Sides
Monday	The Perfect Meatloaf	Mashed Potatoes, Green Beans
Tuesday	Slow Cooker Apple Butter Pork Chops	Garden Salad
Wednesday	Spicy Salt and Lime Black Sea Bass with Mango and Black Bean Salad	
Thursday	Molasses Grilled Pork Tenderloin	Steamed Cauliflower
Friday	Plan to Eat Out	
Saturday	Chili Cheese Dogs	French Fries
Sunday	Crock Pot Chicken Cordon Bleu	Rice

## Notes





# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1-2 Limes	1 Pkg. Long-grain White Rice	Extra Virgin Olive Oil
1 Lg. Mango	1 Box Bread Crumbs	Apple Cider Vinegar
1 Onion	1 Jar Apple Butter	Onion Powder
1 Bulb of Garlic	2 Cans Hormel Chili with Beans	Garlic Powder
1 Bag Potatoes	2 Cans Cream of Chicken Soup	Lawry's Seasoned Salt
Lettuce	1- 15 Oz. Can Black Beans	Mille Sel De Guerande Spicy Salt
Tomatoes	1 Bottle Worcestershire Sauce	
Carrots	1 Bottle BBQ Sauce	
Cucumbers	1 Jar Coarse-grain Mustard	
1 Bunch Green Onions		
1 Red Bell Pepper		
	1 Pkg. Hot Dog Buns	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Pkg. Cauliflower Florets	6 Pork Chops	Eggs
1 Pkg. French Fries	2 lbs. Ground Beef	Milk
	1 Pkg. Hot Dog Wieners	Butter
	4 Boneless Chicken Breasts	Shredded Cheddar Cheese
	1 Pkg. Deli Ham	8 Slices Swiss Cheese
	6-4 Oz. Black Sea Bass Filets	