



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crock Pot Chicken Fajitas	
Tuesday	Grilled Cod with Lemon Thyme and Garlicky Green Beans	
Wednesday	3 Bean Chili	Corn Muffins
Thursday	Chicken Strips with White BBQ Sauce	Mac & Cheese, Celery Sticks, & Applesauce
Friday	Pork Apple Wilted Spinach Quinoa Bowls	
Saturday	Homemade Pizza	
Sunday	Grilled BBQ Chicken	Grilled Corn on the Cob

Notes : Don't forget to add your favorite pizza toppings to your shopping list for Saturday's homemade pizza.





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Lg. Apple	1-2 Pkgs. Corn Muffin Mix	Olive Oil
1 Garlic Bulb	1 Pkg. Mac & Cheese	1 Pkg. Chili Seasoning
2-3 Small to Medium Onions	Applesauce	2 Pkgs. Fajita Seasoning Mix
Celery Sticks	Mayonnaise	Paprika
Variety Sweet Bell Peppers	Pickle Relish	Thyme
1 Bunch Asparagus	Ketchup	Garlic Powder
1 Bunch Fresh Spinach	Spicy Honey Mustard Dressing	Oregano
Corn on the Cob	Prepared Horseradish	Basil
	Sriracha Sauce	Chili Powder
	1 - 15 oz. kidney beans	Sweet Paprika
	1 - 15 oz. ranch style beans	Garlic Salt
	1 - 15 oz.. Pinto Beans	Cayenne Pepper
	Bread Crumbs	Round Cumin
	1 Sm. Can Tomato Sauce	Sugar
	1 Pkg. Quinoa	Brown Sugar
	Barbecue Sauce	White Vinegar
		All-Purpose Flour
		Yeast
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Pkg. Green Beans	1 Rotisserie Chicken	Eggs
	8 - 3.5 oz. Cod Filets	Butter
	1 Pork Tenderloin, Bacon & Black Pepper Variety	Milk
	4 skinless boneless chicken breast	Sour Cream
	Chicken Breasts (for nuggets)	
	Pepperoni	