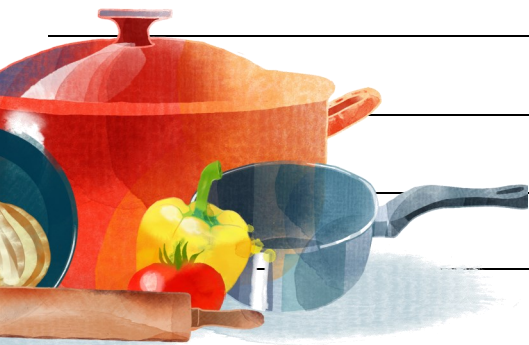


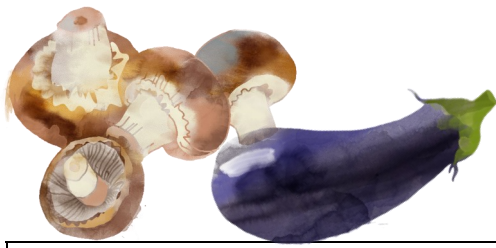


# My Meal Plan for the Week

Day	Entrée	Sides
Monday	Spaghetti Carbonara	Garlic Bread
Tuesday	Enchiladas Verde	Garden Salad
Wednesday	Crock Pot Pepperoni Pizza Meatball Subs	Fruit Salad
Thursday	Slow Cooker Minestrone	Country White Bread
Friday	Pork Fried Rice	Egg Rolls
Saturday	Plan to Eat Out	
Sunday	Strawberry Avocado Spinach Salad with Grilled Chicken & Lemon Poppy Seed Dressing	

Notes





# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Variety Fruit for Salad	1 lb. Spaghetti Noodles	Canola Oil
1 Pkg. Fresh Strawberries	1 Lg. (28 oz.) & 1 Sm. (19 oz.) Green Enchilada Sauce	Walnuts
1 lg. Avocado	1 Lg. Package Corn Tortillas (24)	Rosemary
Lemons	1– 4 oz. Can Green Chiles	Chili Powder
2 Onions	1 Can Black Olives	Italian Seasoning
1 Garlic Bulb	Ketchup	Dried Celery
1 Red Bell Pepper	Yellow Mustard	Basil
Green Onions	Mayonnaise	Oregano
Celery Stalks	Worcestershire Sauce	Poppy Seeds
1 Red Onion	2–24 oz. Marinara Sauce	Thyme
Carrots	3 Cans Vegetable Stock	Parsley
1 Bunch Fresh Parsley	2 Cans Diced Tomatoes	Brown Sugar
2 Bunch or bags Fresh Baby Spinach	1 Box Pasta Shells	Honey
1 Sm. Zucchini	1 Can Kidney Beans	
	1 Can White Beans	
	White Rice	
	Lemon Poppy Seed Dressing	
	Loaf Country White Bread	
	Sub Buns or Slider Rolls	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Loaf Garlic Bread	1 lb. Bacon	Eggs
1-2 Pkg. Frozen Meatballs	1 lb. Chicken Breasts	Butter
Egg Rolls	2.5 lbs. Ground Beef	Milk
Green Beans	1 Pkg. Pepperoni	Parmesan Cheese
	Pork Chops	1 Lg. Pkg. Mexican Blend Cheese
	1 lb. Boneless, Chicken Breasts	1 Sm. Tub Sour Cream
		Fresh Parmesan Cheese
		4 oz. Feta Cheese