



My Meal Plan for the Week

Day	Entrée	Sides
Monday	Cheesy Meatball Stuffed Peppers	
Tuesday	Loaded Chicken Breasts	Rice & Peas
Wednesday	Crock Pot Beef Stroganoff	Buttered Noodles, Steamed Broccoli
Thursday	Crock Pot Creamy Chicken Salsa	Quinoa or White Rice
Friday	Plan to Eat Out	
Saturday	Carne Asada Sliders	Sweet Potato Fries
Sunday	Slow Cooker Pot Roast	Mashed Potatoes

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
3 Limes	1 Pkg. White Rice	Olive Oil
	1 Pkg. Long-grain Rice	White Vinegar
1 Yellow Onion	1 Jar Marinara Sauce	1 Envelope Taco Seasoning
1 Jar Crushed Garlic	1 Can Cream of Mushroom Soup	1 Package Onion Brown Gravy Mix
1 Pkg. Mushrooms	Worcestershire Sauce	Beef Bouillon Cubes
4 Bell Peppers	Teriyaki Marinade	Roasted Garlic & Bell Pepper Seasoning
1 Lg. Bunch Cilantro	1–16 oz. Jar Salsa	Ground Cumin
2 Jalapenos	1 Can Black Beans	
Potatoes	Italian Bread Crumbs	
	King's Hawaiian Buns	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Pkg. Peas	1 lb. Ground Beef	Eggs
	1 lb. Ground Pork	Butter
	2 lbs. Stewing Beef	Milk
	4 - Boneless Chicken Breast Halves	Romano or Parmesan Cheese
	1 lb. Bacon (or bacon bits)	Shredded Mozzarella Cheese
	1.5 lbs. boneless chicken breasts	1–8 oz. Tub Sour Cream
	1 Pkg. Thinly Sliced Steak	8 oz, Cream Cheese
		Shredded Cheddar Cheese
		Pepper Jack
		Guacamole