



# My Meal Plan for the Week

<i>Day</i>	<i>Entrée</i>	<i>Sides</i>
Monday	Cheeseburger Casserole	Green Peas & Sliced Cucumber
Tuesday	Pan Seared Halibut with Butter Dill Sauce	Steamed Carrots and Asparagus
Wednesday	Slow Cooker Beef & Broccoli	Cauliflower Rice & Green Beans
Thursday	Buttermilk Fried Chicken	Mashed Potatoes
Friday	Asian Chicken Thighs	Instant Pot Brussels Sprouts
Saturday	Summer Vegetable One Pot Pasta	
Sunday	Plan to Eat Out	

*Notes*





# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1 Lemon	Vegetable or Chicken Broth	Sesame Oil
1 Pint Cherry or Grape Tomatoes	Beef Broth	Coconut Oil
3 Onions	Mustard	Season Salt
2 lbs fresh Brussels Sprouts	Ketchup	Onion Powder
Celery	Soy Sauce	Garlic Powder
1 Garlic Bulb	Rice Wine	Pink Sea Salt
2-4 Shallots	Hoisin Sauce	Dry Mustard
Peppers	Sweet Bean Paste	Coconut Sugar
Potatoes	1 - 12 oz. Pkg. Quick-cooking Pasta	Brown Sugar
Mushrooms	1 Jar Thick & Hearty Pasta Sauce	All-purpose Flour
Carrot Chips	1 Bottle Dry White Wine	Cornstarch
2 Zucchini	1 Loaf Bread	
1 Yellow Squash		
24 oz. Fresh Green Beans		
Broccoli		
Asparagus		
1 Bunch Fresh Dill		
1 Bunch Fresh Basil		
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Pkg. Broccoli Florets	1 lb. Bacon	Eggs
1 Pkg. Cauliflower Rice	1 to 1 ½ lbs. Ground Beef	Butter
	3 lbs. Flank Steak	Milk
	6 Boneless, Skinless Chicken Thighs	Buttermilk
	1- 12 oz. Pkg. Wild Alaskan Halibut	Shredded Cheese
		Parmesan Cheese