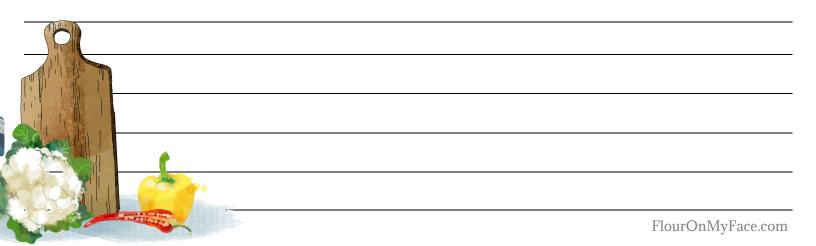
	My Me	al Plan	, for the C	Week

Day	Entrée	Sides
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

Fruits & Veggies	Packaged	Pantry
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		
Frozen	Meat	Dairy
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

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