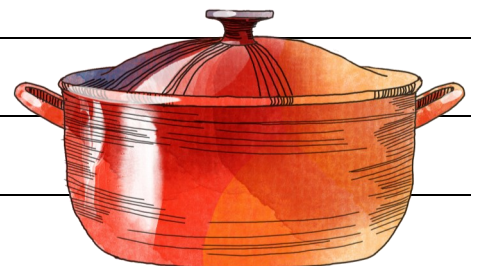




My Meal Plan for the Week

<i>Day</i>	<i>Entrée</i>	<i>Sides</i>
Monday	Sausage, Onion and Potato Sheet Pan Dinner	
Tuesday	New Orleans Style BBQ Shrimp	Parsley Potatoes, Corn wedges, and French bread
Wednesday	Banzai Sliders	Simple Sautéed Summer Vegetables
Thursday	Mushroom Chicken	Buttered Noodles
Friday	Plan to Eat Out	
Saturday	White Pizza Grilled Cheese Sandwiches	Hearty Tomato Soup
Sunday	5 Ingredient Chicken Enchiladas	with White or Mexican Rice

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
4 Lemons	1 Pkg. Egg Noodles	Olive oil
1 Head Lettuce	1 Jar HERDEZ® Salsa Verde	Garlic Powder
1 Garlic bulb	1 C Queso Fresco	Peppercorns
1 Sweet Onion	32 oz. box Chicken Stock	Dried Tarragon (or fresh)
4 Yellow Onions	1 Box White or Mexican rice	Creole seasoning (Zatarains)
1 Red Bell Pepper	Louisiana Hot Sauce	Dried Basil
1 Pint Mushrooms	Teriyaki Sauce	Dried Oregano
3 Sm. To Med. Yellow Squash	Worcestershire sauce	Cornstarch
1 Pint Heirloom Cherry Tomatoes	Mayonnaise	White cooking wine
1-2 Slicing Tomatoes	1 Box Elbow macaroni	Dry wine
1 Pkg. Fresh Thyme	1 Can Sliced Pineapples	
1 Bunch Fresh Rosemary	1 - 28 oz. can Crushed tomatoes	
1 Bunch Parsley	1 loaf Bread	
Baby Potatoes	1 loaf French bread	
1– 3 lb. Bag Red Potatoes	10 Corn tortillas	
Corn on the cob (or frozen)	King's Hawaiian Rolls	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
	Chicken breasts (1 per person)	Eggs
	1.5 lbs. Pink Gulf Shrimp, (de-headed/deveined)	Milk
	Rotisserie Chicken (shredded)	Butter
	1 lb. Ground Sausage	Shredded Monterey Jack Cheese
	2 Pkgs. Smoked Turkey Sausage	Queso Fresco
	1/2 lb. Ground Chuck	Cottage cheese or Ricotta cheese
	1/2 lb. Ground Sirloin	Shredded Parmesan cheese
		Shredded Mozzarella
		Sliced Cheddar Cheese