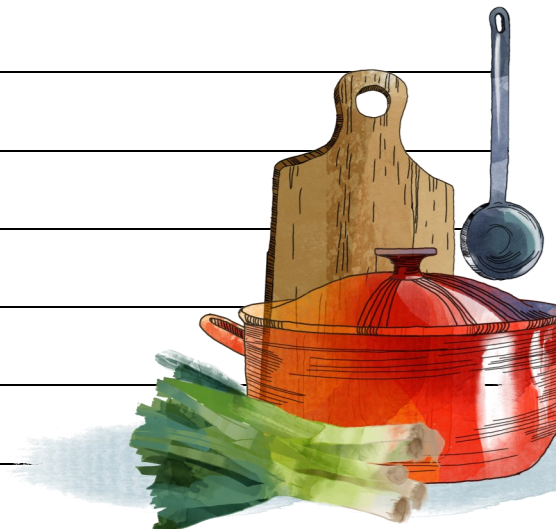




My Meal Plan for the Week

<i>Day</i>	<i>Entrée</i>	<i>Sides</i>
Monday	Quick & Easy Meatball Casserole	Steamed Broccoli
Tuesday	Turkey, Bacon, Avocado Sandwiches	Spinach and Berry Salad
Wednesday	Hawaiian Grilled Chicken	Asparagus, Tomato, Pasta Salad
Thursday	Instant Pot Ribs	Baked Beans, Sliced Cucumbers
Friday	Marinated Flank Steak	Oven Potatoes
Saturday	Plan to Eat out	
Sunday	Salmon Honey-Lemon Teriyaki	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Lemons	1 Can Light Coconut Milk	Sesame Oil
1 Avocado	Pineapple Juice	Olive Oil
2 Onions	1 Can Pineapple Slices (or fresh)	Liquid Smoke
Garlic	1–16 oz. Box Rigate Pasta	Garlic Powder
Fresh Ginger	2–53 oz. Cans Pork & Beans	Onion Powder
Green Onions	Worcestershire Sauce	McCormick's Applewood Pork Rub
1 Bunch Asparagus	Soy Sauce	Dried Parsley
1 Pint Cherry Tomatoes	1 Bottle Buttermilk Ranch Dressing	Apple Cider Vinegar
1 Bunch Fresh Parsley	Poppy Seed Dressing	Organic Honey
Roma Tomatoes	Ketchup	Brown Sugar
Romaine Lettuce	Hellmann's Mayonnaise	
Spinach Leaves	Yellow Mustard	
Raspberries	Bread Crumbs	
Blueberries	1 Loaf Bread	
Blackberries		
Strawberries		
Baking Potatoes (1 per person)		
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Pkg. Broccoli (or 2 Fresh Heads)	1 lb. Salmon Filets	Eggs
	1.5 lbs. Boneless Chicken Thighs	Milk
	2 Racks Baby Back Ribs	Butter
	1 Package Hot Dogs	Shaved Parmesan Cheese
	1 lb. Bacon	Pepper Jack Cheese
	1/2 lb. Deli Turkey	Feta Cheese
	2 lbs. Ground Beef	
	2 lbs. Flank Steak	