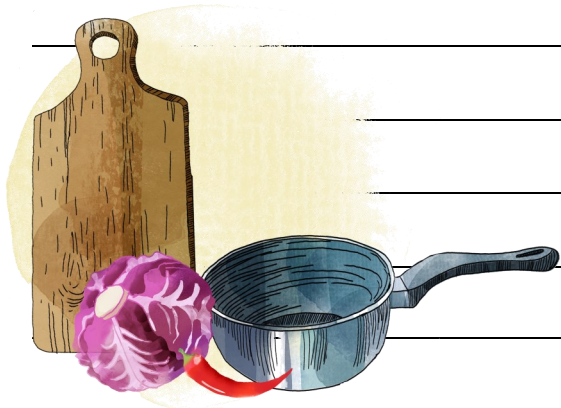


My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crock Pot Chicken and Rice	Green Beans
Tuesday	20 Minute Beef and Broccoli Bowl	Asian Noodles
Wednesday	5 Ingredient Crab Casserole	Green Peas
Thursday	Coconut Lime Chicken	Rice, Side Salad
Friday	Smoked Hamburgers	Easy Grilled Summer Vegetables
Saturday	Grilled Chicken and Broccoli Pasta Salad	
Sunday	Plan to Eat Out	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
1-2 Limes	1-16 oz. Pkg. Saffron Yellow Rice	Olive Oil
1 Lemon	2 Lg. Boxes Chicken Broth	Coconut Oil
1 Yellow Pepper	1-10 oz. Can Crab Meat	Sesame Oil
1 Red Pepper	1 Box Pasta (your choice)	Garlic Powder
1 Medium Yellow or White Onion	1 Box Elbow Macaroni	Chili Powder
1 Sweet Vidalia Onion	Mayonnaise	Paprika
Garlic Bulb	1 Box Instant Rice	Pink Mineral Salt
1 Bunch Rosemary	Soy Sauce	Ground Ginger
3 Heads of Broccoli	Rice Vinegar	Ranch Seasoning Mix
1 Med. Eggplant	1 Pkg. Coconut Flakes	Bay Leaves
2 Yellow Squash	Hamburger Buns	Red Pepper Flakes
1 Med. Zucchini	Asian Noodles (Ramen, or Rice)	Cornstarch
Lettuce		Honey
Tomatoes		Brown Sugar
Cucumbers		1 Pkg. Coconut Flour
Carrots		1 Pkg. Maseca Corn Flour
		Brown Rice
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
1 Pkg. Frozen Green Beans	1-1.5 lbs. Ground Beef	Eggs
1 Pkg. Frozen Corn	8 Boneless, Chicken Breasts	Milk
	1 lb. Flank Steak	Butter
		Heavy Cream
		Parmesan Cheese
		Sour Cream