



# My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crock Pot Mongolian Beef	White (or Jasmine) Rice
Tuesday	Instant Pot Bacon Chicken Bacon Potato	
Wednesday	Easy Italian Tortellini Soup	Italian Bread
Thursday	Crock Pot Beefy Macaroni and Cheese	Steamed Green Peas
Friday	Plan to Eat Out	
Saturday	Shredded Beef Nachos	Rainbow Mexican Corn Salad
Sunday	Slow Cooker Honey Garlic Chicken with Veggies	

Notes

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# My Shopping List

<i>Fruits &amp; Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Blueberries	1 Box Elbow Macaroni	Olive Oil
4 Lime	1 Can Evaporated Milk	Dried Oregano
2 Oranges	1 Can Plum Tomatoes	Garlic Powder
1 Red Onion	1 Qt. Beef Stock	Chili Powder
Garlic Bulb	1 Box Low-Sodium Chicken Broth	Smoked Paprika
Fresh Ginger Root	Mayonnaise	Dried Basil
2 Onions	Ketchup	Dried Thyme
Green Onions	Soy Sauce	1 Pkg. Ranch Seasoning Mix
1 Red Bell Pepper	1–8 oz. Pkg. Tortellini	Grill Mates Chicken Seasoning
1 Head Red Cabbage	1 Jar Pickled Jalapenos	Cumin
3 Jalapeno Peppers	1 Jar Pico de Galo	Honey
Lettuce	1 Jar Tomatillo Sauce	Brown Sugar
1-2 Tomatoes	1 Can Fire-Roasted Tomatoes	Cornstarch
1-2 Cucumber	1 Bag Tortilla Chips	
12 Red Potatoes	Italian Bread	
Chives		
Green Beans		<i>Dairy</i>
<i>Frozen</i>	<i>Meat</i>	Eggs
2 Pkgs. Frozen Corn	2–2.5 lbs. Beef Flank Steak	Milk
1 Lg. Pkg. Frozen Meatballs	1.5 lbs. Ground Beef	Butter
1 Pkg. Frozen Mixed Veggies	Bone-in Chicken Thighs	Almond Milk
1 Pkg. Green Peas	1 lb. Skinless Chicken Breasts	1 Box Velveeta Cheese
	1 lb. Bacon	Shredded Sharp Cheddar Cheese
		1 Container Non-fat Greek Yogurt
		Shredded Mozzarella
		Shredded Mexican Cheese
		Sour Cream