Weekly Meal Plan

Day	Meal	Sides
Monday	Spaghetti with Italian Sausage	Salad
Tuesday	Cilantro Lime Skillet Chicken	Roasted Asparagus Rice
Wednesday	Tacos	
Thursday	Grilled Pork Chops	Corn on the Cob, Cucumber Salad
Friday	Left overs	
Saturday	Cheeseburgers	French fries, Roasted Zuchini and Squash
Sunday	Smoked Pork Loin	Rice, Roasted Cauliflower

Shopping List

Spaghetti
Spaghetti Sauce
Italian Sausage
Lettuce
Bag of Sweet Onions
4 Cucumbers
2 Green Pepper
Chicken Breast
Cilantro
1 Lime
Asparagus
5 lb bag Jasmine Rice
3 lbs Ground beef
Taco Shells
Salsa
Shredded Cheese
Pork Chops
Corn on the cob
3 potatoes
1 Squash
1 Zuchini
Pork Loin
Cauliflower

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