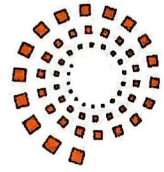


WEEKLY MEAL PLANNER



# Sorted out



ORGANIZING YOUR WORLD

WEEK OF: 07/18/2021

MENU PLAN	GROCERY LIST
<p>Monday Recipe Source: <u>Steak &amp; Tossed Salad w/ Salsa Verde</u> 07/19/2021</p>	<p>Steak, onion, lettuce Parmesan</p>
<p>Tuesday Recipe Source: <u>Sweet potato &amp; Bean Salad</u> 07/20/2021 (add chicken)</p>	<p>2 Sweet potatoes, tomatoes 1 onion, cranberry Beans arugula</p>
<p>Wednesday Recipe Source: <u>Orecchiette Salad w/ pears &amp; Blue cheese</u> 07/21/2021 (add shrimp)</p>	<p>Shrimp, orecchiette, pears, lettuce</p>
<p>Thursday Recipe Source: <u>avocado hero salad w/ grilled chicken</u> 07/22/2021</p>	<p>avocados, chicken Breasts (4), asparagus tips, tomatoes, pine nuts &amp; Basil (fresh)</p>
<p>Friday Recipe Source: <u>Hamburgers / open face w/ carrots</u> 07/23/2021</p>	<p>Hamburger patty, carrots, avocado, cheese slices</p>
<p>Saturday Recipe Source: <u>Grilled chicken &amp; Roasted Veggies w/ quinoa</u> 07/24/2021</p>	<p>Chicken, Veggies &amp; sprouted Quinoa</p>
<p>Sunday Recipe Source: <u>CRAB Salad w/ Scallops</u> 07/18/2021</p>	<p>eggs, Beets, Lettuce, avocados olives, Blue cheese, lemon juice, Scallops</p>
<p>Special Notes:</p> <hr/> <hr/> <hr/>	

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