

# Week 1



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Breakfast</b>	Sausage, Egg, & Biscuit Casserole	3 Ingredient No-Bake Cereal Bars with Milk in To-Go Cups	Ham & Egg Biscuits with Sliced Apples	French Toast, Sausage Patties	Yogurt & Granola With Sliced Bananas	Oatmeal with Cinnamon & Apples	Easy Homemade Waffles with Bananas Chocolate Milk
<b>Lunch</b>	Boiled Eggs Crackers, Apple Cheese Stick	BBQ Pork & Swiss Wrap Pineapple Coleslaw	Yogurt, 1/2 Banana, Sliced Bell Peppers & Grape Tomatoes, Pretzels	Ham Salad Sandwich Simple Carrot Salad	Chicken, Spinach, and Cheese Wraps, Grape Tomatoes, No-bake Cereal bars	Grilled Cheese & Tomato Soup	Tortellini Salad with Zucchini Bread
<b>Dinner</b>	Boneless BBQ Pork and Roasted Cabbage Wedges	Chicken & Sausage Gumbo White Rice Corn Muffins	Herb Crusted Chicken Breasts Mashed Potatoes & Simple Carrot Salad	Slow Cooker Hamburger Soup Dinner Rolls	Zucchini & Turkey Lasagna with Green Beans, Garlic Bread	Crispy Chicken Thighs Loaded Twice Baked Potatoes	Crockpot Garlic Pork Roast with Rice and Steamed Broccoli

**Notes**— **Waffles**—Make Extra to freeze for week 2 lunch. **French Toast**—Make Extras, Cool, & slice into

Toast sticks for week 2 breakfast. Cook a larger **pork roast** than recipe calls for, for week 2 lunch.

# Week 7 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Staples</i>
Cabbage	Milk	2 Cans tomato sauce	All-Purpose flour
5-6 Bell peppers	Cheese sticks	4 Cans diced tomatoes	Salt & Pepper
Large bag Carrots	8 oz Cottage cheese	Spaghetti sauce	Baking powder
2 Garlic bulbs	Shredded cheddar cheese	2 lbs. Elbow macaroni	Garlic powder
1 Bag Onions	Eggs	Tortellini	Italian seasoning
Zucchini	2 Cans biscuits	3-4 Cans green beans	Dried oregano
10 lb. bag Potatoes	Butter	2Cans of corn	Dried rosemary
Celery	Sliced Swiss cheese	2-4 Cans Pineapple Tidbits	Dried thyme
Grape tomatoes	Sliced cheddar cheese	Granola	Dried basil
Bananas	2 lbs. sliced deli ham	Honey Nut Cheerios	Red pepper flakes
Apples	Yogurt Cups	Oats	Grated parmesan cheese
<i>Meat</i>	<i>Bakery</i>	Crackers	Vegetable oil & Olive Oil
1 1/2 lbs. Ground beef	Garlic bread	Tortillas for wraps	Honey
2 lbs. Ground turkey	Dinner rolls	Tomato soup	Peanut butter
2 lbs. Bulk sausage	Sandwich bread	Corn bread mix	Worcestershire Sauce
Boneless pork ribs or chops	<i>Household</i>	28 oz. Chicken broth	Honey BBQ sauce
Chicken thighs		Spice cake mix	Dijon mustard
Chicken breasts		Pretzels	Ranch salad dressing mix (envelope)
1 Whole Rotisserie Chicken		Maple Syrup	Dry onion soup mix
			Sugar