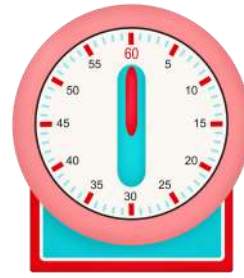


Week 2



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	French* Toast Sticks Bacon Slices Blueberries	Easy Strawberry Smoothie, Brown Sugar Maple Muffins	Sausage & Gravy Casserole	Boiled Eggs* with Toast	Berry Banana Breakfast Oat Bars	Greek Yogurt with Sliced Strawberry & Honey	Ricotta Pancakes, Bacon Slices, & Berries
Lunch	Waffle* Sandwich Bento Lunch	BBQ Pulled Pork Sliders with Pineapple Chunks Cucumber Slices	Lunch Box Kabobs Ham, Cheese & Cherry Tomato Berries	Greek Chicken Bowls	Curried Egg* Salad Sandwiches Grapes, Pecans	Crackers, Pepperoni Slices, Cheddar Cheese Cubes Cherry Tomatoes	*Potato Soup, Crackers and Fruit Salad
Dinner	Slow Cooker Alfredo Chicken with Bacon, over pasta	Ultimate Creamy Beef Stroganoff with Homemade Dinner Rolls	Crunchy Honey Garlic Pork Chops and Roasted Broccoli & Cauliflower	Oh So Southern Potato Soup with Homemade Hawaiian Bread	Terikaki Chicken Casserole Asian Cucumber Salad	Chicken Ranch Pizza with Balsamic Glazed Mushrooms	Balsamic Roast Beef with Garlic and Parmesan Steak Fries

Notes— **French Toast**—Use leftover sticks from week 1. **Boiled Eggs**—Make extra for lunch Friday

Waffle Sandwiches—Use frozen waffles from week 1. **Egg Salad**—Use leftover Eggs from Thursday breakfast.

Potato Soup—use leftovers for Saturday lunch. Keep leftover **Roast Beef**, for lunch sandwiches on Tuesday

week 3.

Week 2

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Staples</i>
2 lbs. Button Mushrooms	1 Block Cheddar cheese	White or Brown Rice	Vanilla Extract
4-5 English Cucumbers	Shredded Mozzarella	Jasmin Rice (Optional)	Brown Sugar
Stir-Fry Veggie Mix	Shredded Cheddar	1 Can Black Beans	Cornstarch
Fresh Parsley	Philadelphia Savory Garlic Cooking Cream	1 Cream of Chicken Soup	Mrs. Dash Original Blend
1 Bunch Bananas	Lg. Plain Greek Yogurt	1 Can Rotel	Ground Ginger
1 lb. Blueberries	Ricotta Cheese	1 lg. Pineapple Juice	Yeast Packages
1 Bunch Chives	24 oz. Sour cream	2 Boxes Chicken Broth	1 pkt Goya Sazon
2-3 lbs. Strawberries	2 Lg. Cans Biscuits	3 cans Low-Salt Beef broth	Celery Salt
2 packs raspberry (frozen if necessary)	Butter	1 Jar Creamy Alfredo Sauce	Curry Powder
Cherry Tomatoes	Milk	Almond Butter	Goya Adobo
2 Slicing tomatoes	1 lb. Deli Ham	Instant Potatoes	Ground Flax Seed
White Onion	Guacamole	1 Bag Pecan halves	Chia Seeds
Lettuce	<i>Household</i>	<i>Meat</i>	Sesame Seeds
2-3 Limes		3-4 lbs boneless roast beef	Sesame Oil
2-3 Lemons		1 lb beef tips	Coconut Oil
		1 lb Sausage	Balsamic Vinegar
<i>Bakery</i>		6-8 Boneless Chicken Breasts	Low-Sodium Soy Sauce
Sandwich Bread		1 lb. Hickory Bacon	Red Wine Vinegar
			Oat Flour
			Wheat Flour