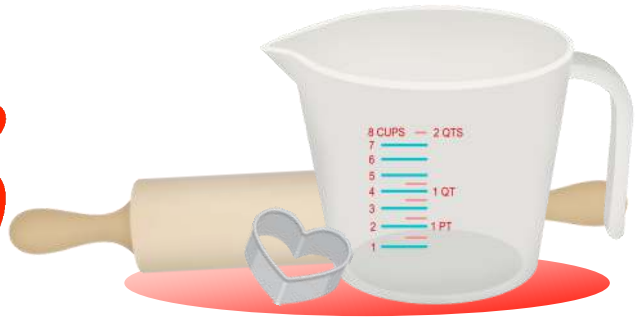


Week 6

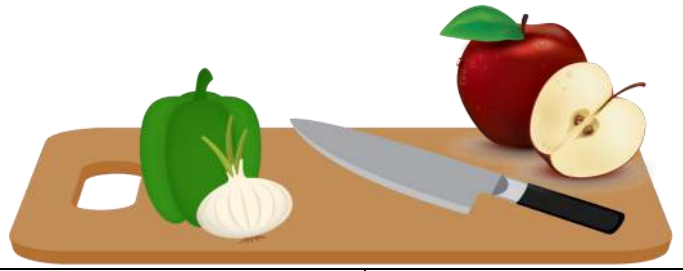


	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Ham & Cheese Breakfast Pastry with Cooked Cinnamon	Bagels with Cream Cheese, *Boiled Eggs	Berry Fruit Smoothie, *Cinnamon Vanilla Protein Bites & Banana	Avocado *Bacon & Eggs	Hash brown Patties topped with fried egg, sprinkled with cheese	*Pancakes topped with fresh berries, and a side of sausage	Simply Delicious Ham & Cheese Quiche
Lunch	Ham & Swiss Wraps with Sliced Berries	Caramelized Onion & Mushroom Melt	Best Ever BLT Wrap with Sliced Apples	Shredded Chicken Parmesan Sandwiches	Pizza Bagel with Side of Carrot Sticks	Leftover Potato Soup with a Side Salad	Baked Ham & Cheese Roll Ups
Dinner	Tomato *Chicken Spinach Spaghetti	Oh So Southern Potato Soup	Pork Masala with Mushrooms and Shallots with Steamed Broccoli	Slow Cooker Salisbury Steak with Mashed Potatoes and Glazed Baby Carrots	Keep it Clean Tilapia with Roasted Potatoes and Minnie's Cool Cabbage	Busy Day BBQ Meatballs with *Baked Potatoes	Easy Lemon Chicken with *Broccoli Braid

Notes — *Cook extra chicken breasts on Monday for lunch sandwiches on Thursday. Make extra boiled eggs on Tuesday for Thursday's lunch. Make enough protein bites for lunch snack on Thursday. When cooking Bacon for Avocado Bacon & Eggs, cook extra Bacon to crumble for Friday's breakfast. Cook 18 extra mini pancakes (silver dollar size), place in freezer for next week. Bake an extra Broccoli Braid for next week's Monday lunch.

Week 6

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Staples</i>
5-6 Avocados	2 Dozen Eggs	Protein Powder	Salt & Pepper
2- 16 oz. Strawberries	Milk	Peanut flour	Garlic Seasoning
6-8 Apples	Shredded Cheese	Quick Oats	Garlic Powder
3 Lemons	Swiss Cheese	Pancake Mix	Red Pepper Flakes
4 Roma Tomatoes	Cream Cheese	Instant Mashed Potatoes	Celery Salt
Slicing Tomatoes	Parmesan Cheese	Bread Crumbs	Dried Mustard
Fresh Basil Leaves	Sour Cream	32 oz. Box Chicken Broth	Italian Seasoning
Fresh Thyme	Butter	1 Jar Sundried Tomatoes	Paprika
2 Garlic Bulbs	2 Tubes of Crescent Rolls	Spaghetti or Angel Hair	Chili Powder
2 Shallots	Tube of Crescent Dough Sheet	Sun-Maid Raisins	Cayenne Pepper
10 lb. Potatoes	Pie Crust	Frozen Texas Toast	Dried Oregano
1 Bag Carrots		2-3 Bags Frozen Broccoli	Cinnamon
1 Bag Baby Carrots		1 Bag or Box Frozen Spinach	Ginger
Baby Bella	<i>Meat</i>	Dry White Wine	Honey
1 Cabbage Head	Deli Ham—2 lbs.	Marsala Wine	Maple Syrup
Lettuce	Bacon—1 -2 lb.	Yellow or Dijon Mustard	Vanilla
	Sausage Links	Ketchup	Vegetable Oil
<i>Bakery</i>	6 -8 Boneless Chicken	Mayonnaise	Extra-Virgin Olive Oil
Bagels for 2 meals	Boneless, Center cut	Green Goddess Dressing	Poppy Seeds
Sandwich Bread	4- Tilapia Filets	Granola	Sunflower Seeds
Tortillas	3 lbs. Ground Beef	Cereal	All Purpose Flour
2 French Loaves			Sugar