

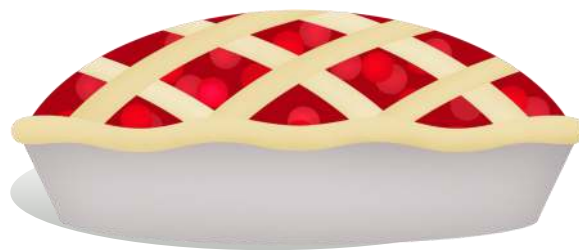
Week 7



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Yogurt Cups with Granola and Fresh Fruit	Cereal with Milk and Banana	Strawberry Breakfast Bites	Breakfast Quesadillas with Egg, Cheese and on-hand Protein	Sausage & Egg Grilled Cheese	*French Toast topped with fruit and Maple Syrup,	Crockpot Hash-Brown Casserole
Lunch	Broccoli Braid, On-hand Fruit and Carrot Sticks	Veggie Hummus Wrap	Chicken Salad on Croissants with Grapes	Lemon Chicken Sandwiches with Swiss and Arugula	Taco Salad	Grilled Cheese & Tomato Soup	Pillsbury Pizza Crust Calzones
Dinner	Crockpot *Lemon Sage Chicken	Taco Tuesday with White Rice and Nacho Chips	Dijon Wine Steak Kabobs with Mushroom Rice	One Pot Chicken Fettuccine with a Side Salad	Mini Turkey Meatloaf with Green Beans and Garlic Mashed Cauliflower	Honey BBQ Wings with Parmesan Steak Fries	Loaded Baked Potato Bar

Notes — *Add some extra chicken breasts to the Crockpot Lemon Sage Chicken recipe and Reserve for lunch on Thursday. Fry several extra slices of French Toast, cut into strips, place in freezer bag and freeze for a quick grab & go breakfast next week.

Week 7 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Staples</i>
Bananas	Milk	Nutella	Red Wine Vinegar
Strawberries	Eggs	Jarred Salsa	Old-Fashioned Oats
Grapes	Butter	Tomato Soup	Honey BBQ Sauce
Salad Mix	Swiss Cheese	1 Pkg. Mushroom Wild Rice	Frank's BBQ Hot Sauce
Arugula	American Cheese	Chicken Stock	Onion Powder
Spinach	Feta Cheese	Fettuccine Noodles	
Fresh Parsley	Shredded Mozzarella	1 Pkg. Ranch Dressing Mix	
Red Onion	Parmesan Cheese	1 pkg. Vegetable Soup Mix	
Summer Squash	Hummus	1 Pkg. Minute White or	
1 Med. Head	1-2 Tubes Pillsbury Pizza	Chicken Soup Base or	<i>Meat</i>
3 Lg. Russet Potatoes	Pre-cooked Grilled Chicken Strips	Frozen Shredded Hash Browns	Deli Ham
Large Baking Potatoes 1 per Family Member	Yogurt Cups	1 Pkg. Frozen Broccoli	Bacon
3 Bell Pepper	FF Sour Cream	Specialty: Sage Essential Oil	Bulk Sausage
Asparagus		Specialty: Mini Loaf Pan or	Boneless, Skinless
<i>Bakery</i>	<i>Household</i>		Ground Beef
Sandwich Bread			1 lb. Boneless Round
Flour Tortillas			Ground Turkey
Croissants			3 lbs. Chicken Wings