

Week 8



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Pancake Muffins with Sausage Patties	Easy Egg Scrambler	Overnight Apple French Toast	*French Toast Sticks *Boiled Eggs	Banana Smoothie and Toast with Nutella and Jam	*Waffles Topped with Fruit and a side of On-hand Protein	Oatmeal with Cinnamon & Raisins
Lunch	Salad in a Jar	Ham & Swiss Sliders on Hawaiian Rolls with side of Pineapple Cups	Nutella & Banana Wraps with Sliced Strawberry and a Drinkable Yogurt	Mini Corn Dog Muffins, Cheese Cubes, Cutie Oranges	Boiled Eggs, Goldfish Crackers, String Cheese, Apple Slices	Egg Salad BLT	Pizza Quesadillas
Dinner	Zucchini & Turkey Lasagna with Garlic Green Beans & Crusty Garlic Bread	Spinach Stuffed Baked Steak with Baked Sweet Potatoes	Quick & Savory Ginger Garlic Shrimp Skewers served with White Rice & Green Salad	Oven Baked Chicken, Potatoes & Carrots	Asian Beef Noodle Bowls	Spicy Chicken and Apple Sweet Potato Stir-fry	*Pork Roast with Roasted Acorn Squash

Notes — *Use French Toast from freezer, prepped last week. Boil eggs the night before for a quick grab & go breakfast. Make up extra waffles and freeze for next week's lunch. Boil extra eggs For Friday and Saturday lunches. Cook enough pork roast to have leftovers for a second meal next week.

Week 8 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Staples</i>
Apples	2 Doz. Eggs	Nutella	Baking Powder
Bananas	Butter	Jam (favorite flavor)	Sugar
Blueberries	Milk	Waffle Mix	Nuts
Strawberries	Shredded Cheddar	Corn Muffin Mix	Chocolate Chips
Mandarin Oranges	Cottage Cheese	Jar of Spaghetti Sauce	Brown Sugar
Onions	Plain Greek Yogurt	Goldfish Crackers	Cloves
3 Bell Peppers	Drinkable Yogurt	Can Tomato Sauce	Nutmeg
Lettuce	Swiss Cheese	Red Wine	Dried Basil
Salad Mix	Cheese Cubes	Frozen Spinach	Dried Oregano
4-5 Med. Zucchini	String Cheese	Toasted Sesame Dressing	Apple Cider Vinegar
Mushrooms	Grated Parmesan	Linguine Noodles	Soy Sauce
Carrots	Gorgonzola Cheese	1 Bag Frozen Broccoli	Sesame Seeds
Lemons	<i>Meat</i>	1 Bag Frozen Green Beans	Chili Paste
White Onion	Bulk Sausage		Teriyaki Sauce
4 Potatoes	Deli Ham		Coconut Oil
1 lb. Bag of Carrots	Hot Dog Wieners		Cashews
4-5 Sweet Potatoes	Bacon	<i>Household</i>	<i>Bakery</i>
Spinach	Pepperoni	Specialty: Wooden Skewers	2 French Loaves
Acorn Squash	2 lbs. Ground Turkey	Reynolds Oven Bags	Flour Tortillas
1 Head of Broccoli	2-3 lb. Large Shrimp		Sandwich Bread
	1 lb. Beef Steak		Hawaiian Rolls
	3-7 lb. Pork Shoulder		
	2-3 lb. Bone-in & 1-2 lb. Boneless Chicken Breasts		