

Week 10



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Grab & Go Yogurt Tubes with Banana Muffins	Eggs, Sausage Links and Blueberries	Bacon and Egg Breakfast Nachos	Meal Prep Pancakes with fresh Berries and Sausage Links	Easy Strawberry Smoothie	Glazed Fresh Strawberry Fritters with Bacon	Yummy Orange Muffins with Sausage Patties
Lunch	Cheese sticks, Sliced Deli Ham, Sliced bell peppers, and Apple slices	Pizza Pinwheels with Celery Sticks and Ranch dip.	Teriyaki chicken strips, White rice, and Steamed broccoli	Picadillo Turkey Wraps with Carrot sticks and Raisins	Boiled eggs, Grapes, Spinach Salad with celery and grape tomatoes	Salami and basil Ciabatta	Sheet Pan Baked Parmesan Pork Chops Potatoes & Asparagus
Dinner	* Crockpot Chicken Teriyaki Chicken	Impossible Taco Pie with Mexican Chopped Salad	Brown Sugar Dijon Pork Tenderloin with Coleslaw	Keep it Clean Tilapia with Asparagus Spirals	Italian Beef Stew with Crusty French Bread	BBQ Chicken Tostadas with Sliced Bell Peppers	Burgers with green beans on the side

Notes — *Cook enough to have leftovers on Wednesday for lunch.

Week 10 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Bananas	Cheese Sticks	White Rice	Dijon Mustard
Blueberries	Shredded Mozzarella	Can Parmesan Cheese	Mayonnaise
Apples	Sliced Mozzarella	28 oz. Crushed Tomatoes	Barbecue Sauce
Grapes	Sliced Swiss	1 Can Tomato Sauce	Red Wine Vinegar
Strawberries	Shredded Mexi. Cheese	Salsa or Hot Sauce	Balsamic Vinegar
1-2 Lemons	Shredded Cheddar	1 can or box Beef Broth	All-Purpose Flour
2-3 Limes	Butter	Dry Red Wine (Optional)	Coconut Flour
Grape Tomatoes	Deli Turkey	Almond Butter	Ground Flax Seed
Lettuce	Deli Ham	Spirulina (optional)	Sugar
Green Onions	Salami Slices	Nueva Cocina Picadillo Seasoning	Honey
Onions	Pepperoni Slices	Envelope Taco Seasoning	Maple Syrup
Garlic Bulbs	Yogurt Tubes	1 Can Black Beans	Honey
Bell Peppers	Plain Greek Yogurt	Enchilada Sauce	Brown Sugar
Bag Coleslaw Blend	Sour Cream	4 Oz. Can Green Chilis	Cayenne Pepper
1-2 lbs. Green Beans	Guacamole	Can Mandarin Oranges	Bay Leaf
Red Beets	2 Cans Crescent Rolls	Raisins	Vanilla Extract
Carrot Sticks	2 doz. Eggs	Panko Bread Crumbs	Cilantro
Spinach	Milk	Bisquick Baking Mix	Cumin
Red Potatoes	Buttermilk	<i>Meat</i>	Dried Mustard
4 Med. Yukon Potatoes	Puff Pastry	4 lb. Chicken Breasts	Cinnamon
2 lb Asparagus	<i>Bakery</i>	Boneless Pork Chops (enough for your family)	Ginger
1 Parsnip	Ciabatta Bread	1 1/2 lbs Pork Tenderloin	Allspice
Basil Leaves	French Bread	2 lb. Ground Beef	Nutmeg
Fresh Thyme Sprigs	Tortilla Wraps	Tilapia Filets	Extra Virgin Olive Oil
	Corn Tortillas	3-4 lbs. Boneless Beef Chuck Roast	Vegetable or Peanut Oil
	Hamburger Buns	1 lb. Ground Turkey	Coconut Oil
		Sausage Links & Bulk Sausage	
		Bacon	