

Week 13



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Cowboy Breakfast Sandwiches	Oatmeal with Brown Sugar, Cinnamon and Raisins	*Leftover French Toast Sausage Roll-Ups	Egg & Cheese Hash Brown Waffles	Easy Breakfast Energy Bites	Yogurt with Granola and Berries	Ham & Mushroom, with Asparagus Breakfast Quiche
Lunch	Copycat Lunchables	Deli Meat & Cheese Sandwiches with Shredded Lettuce, Cherry Tomatoes, Applesauce	Pepperoni, Mozzarella, Crackers, Cherry Tomatoes, On-hand Veggies, Pudding Cups	Egg Salad Sandwiches with a side of Raisins or other fruit.	Nacho Chips with Salsa & Sour Cream and Leftover Chicken Fajitas and Bell Peppers	Turkey & Cheese Crescent Rolls	Minnie's Skinny Spaghetti Pie
Dinner	Apple Pork Chops in a Crockpot over hot buttered noodles.	Linguine with Sausage & Peppers	Minnie's Mini Meatloaf with Buttered Corn and Mashed Potatoes	Skillet Chicken Fajitas with Garden Salad	Spaghetti with meat Sauce and Sautéed Green Beans	Sesame Lime Pork Tenderloin and Steamed Veggies	Slow Cooker Apple Ham, Asparagus, Mashed Potatoes and Dinner Rolls

Notes — *Use frozen sausage roll-ups from week 12.

Week 13 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Apples, Limes	Eggs,	Raisins (If Needed)	Mrs. Dash Italian Seasoning
Limes	Shredded Sharp Cheese	Fiber One Cereal	Apple Jelly or Apple Butter
Cabbage Slaw Mix	Butter	Granola	
1 Med. Spaghetti Squash	Sliced American Cheese	3 Cans of Diced Tomatoes	
Lettuce	Cottage Cheese	6 oz. Can Tomato Paste	
Baby Bella or Button Mushrooms	Half & Half	Egg Noodles	
Asparagus	Sour Cream	Chicken Stock	
Bell Peppers	Sliced Deli Ham	Linguine Pasta	
Yellow Onions	Sliced Deli Turkey	Spaghetti Noodles	
1 bag Potatoes	Pepperoni	Jarred Spaghetti Sauce	
Chive	Tube Crescent Rolls	<i>Meat</i>	
Cilantro or Parsley	Butter	Sausage Patties	
<i>Bakery</i>	1 box Egg Beaters	1.5 lbs. Extra Lean Ground	<i>Household</i>
Sandwich Bread	<i>Frozen</i>	Pork Chops (enough for	
Texas Toast	Frozen Shredded	4 Italian Sausage Links	
Dinner Rolls	Frozen Corn	2 lbs. Ground Beef	
		1 Large Cooked Ham	
		2 Pork Tenderloins	
		1 lb. Boneless, Skinless, Chicken Breasts	