

# Week 15



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Breakfast</b>	Bacon, Egg, & Cheese Hash Brown Nests	Savory *Waffle Breakfast Sandwiches	No Bake Carrot Cake Energy Bites Drinkable Yogurt and Apple Slices	Egg Burrito Scrambler	BLT & E Breakfast Sandwiches	Yogurt Cups with Granola & Honey	Apples & Cinnamon Muffins
<b>Lunch</b>	*Beef & Broccoli	Salad in a Jar	Corndog Muffins with Ketchup or Mustard, Strawberry Slices & Carrot Sticks	No-Bake Carrot Cake Energy Bites with Cucumber Slices & Cherry Tomatoes	Turkey Club Sandwiches with Potato Chips, Pickle Spear & Brownie Bites	*Chicken Enchilada Soup	Lemon Poppy Seed Muffins, Seared Ham Steaks and Sliced
<b>Dinner</b>	Favorite Meatloaf, Mashed Potatoes, Green Beans, *Brownies	Chicken Caprese Salad with a side of Homemade Bread	*Turkey Meatballs over White Rice with Broccoli	Slow Cooker Apple Butter Pork Chop Recipe with Roasted Cabbage	Pizza Night	Instant Pot Pasta E Fagioli with Crusty French Bread	South-western Chicken Chili

*Notes*— \*Use waffles made from week 15, and fry up sausage patties the night before.

Use leftover Beef & Broccoli from week 15 for lunch Monday. Reserve leftover Chicken Enchilada Soup for Tuesday. Keep leftover brownies for lunchtime snack on Friday. Make extra Turkey Meatballs to freeze for lunch week 18.

# Week 15 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Strawberries	2 Doz. Eggs	Chicken Broth	Honey
Blueberries	Milk	1 pkg. Ditalini Pasta	All-Purpose Flour
Bananas	1 lb. Butter	1 Can Pinto Beans	Chia Seeds
Apples	Drinkable Yogurt & Yogurt Cups	1 Pkg. Lemon Poppy Seed Muffin Mix	Shredded Coconut
2 Lemons	Fresh Mozzarella Ball	1 Jar Picante Sauce	Balsamic Vinegar
Lettuce	Gruyere Cheese	Cornmeal	Nutmeg
Green Onions	Grated Parmesan	Corn Muffin Mix	Chili Powder
Onions	Shr. Cheddar Cheese	Dried Pineapple	Dried Sage
Cucumbers	Canned Biscuits	3 Enchilada Sauce Cans	Mustard
Cherry Tomatoes	<i>Meat</i>	Granola	1 Jar Strawberry Jam
Slicing Tomatoes	Deli Turkey	Protein Powder	1 Jar Apple Butter
Carrots	1 lb. Bacon	Waffle Mix	Lemon Glaze
4-5 Sweet Potatoes	Hot dogs	Brownie Mix	Almond Butter
Bell Peppers	1 lb. Bulk Pork Sausage	1 Box Linguine	Salsa
2 Yellow Onions	2 lbs. Chicken Thighs	Potato Chips	1 Jar Dill Pickle Spears
3 lb. Bag Potatoes	1 lb. Italian Sausage	Tortilla Chips	
Celery Stalks	6 Bnls Chicken Breasts	3 15 oz. Cans Diced Tomatoes	<i>Frozen</i>
Chili Peppers	Ham Steaks	1 lb. Dried Navy Beans	1 Pkg. Frozen Corn
<i>Bakery</i>	2 lb. Ground Beef	1 lb. Red Kidney Beans	1 Pkg. Frozen Green Beans
Bagels	2 lbs. Ground Turkey	Chicken Broth	2 Frozen Pizzas
Sandwich Bread	6 Pork Chops	1 15 oz. Can Tomato Sauce	1 pkg. Frozen Broccoli
Italian Loaf	1 lb. Bulk Sausage	2 Tomatoes w/ Gr. Chiles	1 Pkg. Frozen Shredded Potatoes
		Tortillas	