

Week 16



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Savory Honey Muffins	Bowl of Cereal with Frozen Bananas	Boiled Eggs, Sausage Links, with Blueberries	Buttered *Waffles, with Powdered Sugar & Berries	Savory Pork Sausage and Sweet Potato Breakfast Casserole	Bagels with favorite toppings	Easy French Toast Biscuit
Lunch	Ham & Cheese Spinach Muffins, Mandarin Oranges, Cucumber Slices & Pear	Grilled Ham & Cheese Roll-ups with Applesauce Cups & Pretzels	*Spaghetti with Meatballs and Bagette	Peanut Butter Dip, with Apples, Banana, Celery, Popcorn & Chocolate Milk	Boiled Eggs, Cucumbers or Pickles, Oyster Crackers & Grape Tomatoes, Favorite	*Beef & Broccoli Lunch Bowl	*Waldorf Salad with Crusty French Bread
Dinner	Slow Cooker Cheesy Enchilada Quinoa Bake	Sheet Pan Flank Steak with Asparagus, Baby Potatoes and Onions	Slow Cooker Sticky Chicken with Buttered Peas and Steamed Cauliflower	*Freezer Meal: Slow Cooker Country Style BBQ Ribs with Cole Slaw & Green Beans	Tex Mex Shredded Roast Wraps with Side Salad	*Freezer Meal: Chicken, Broccoli & Rice Casserole	Oven Fried Chicken with Pineapple Lime Rice

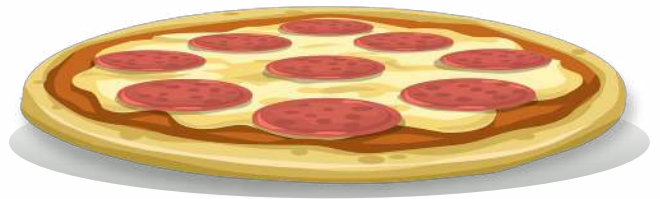
Notes— *Make extra waffles for next week's breakfast. Use leftover Spaghetti from week 14.

Reserve leftover Beef & Broccoli for lunch on Monday of Week 16. Use freezer meal BBQ Ribs,

Peanut Butter Cookie Dough, and Chicken, Broccoli & Rice Casserole prepped week 14.

Week 16

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Apples	1-2 Doz. Eggs	Applesauce Cups or Jarred	1 Can Condensed Milk
Red Grapes	Milk	Pretzels	Vanilla Extract
Green Grapes	Chocolate Milk	Peanut Butter	Almond Extract
1 Lemon & 2 Limes	Butter	Rice Krispy Treats or Little	Self-Rising Flour
Cuties Mandarins	Gruyere Cheese	Cereal	Dried Cranberries
4-5 Sweet Potatoes	Grated Cheese of Your	Microwavable Minute Rice	Walnuts
1 Small Zucchini	16 Oz. Vanilla Yogurt	Quinoa	Cumin
Spinach	Sour Cream	1 Can Black Beans	
1-2 Yellow or Sweet	Shredded Cheddar, or	1 Can Diced Tomatoes with	
Celery Stalks	Deli Ham	1 Can Enchilada Sauce	
Chives	Canned Biscuit	1 Can Crushed Pineapples	
Bell Peppers		1 Can Tomato Paste	
1 Bunch Asparagus		Box Jasmine Rice	
1-2 Jalapeno			
1 Bag Baby Potatoes	<i>Frozen</i>	<i>Meat</i>	<i>Household</i>
Shredded Cabbage	1 Pkg. Frozen Corn	1 lb. Pork Sausage	
1 Bunch of Cilantro	1 Pkg. Frozen Green	3 lbs. Chicken Breasts,	
<i>Bakery</i>		1 lb. Ground Turkey	
Baguette		Flank Steak	
Sandwich Bread			