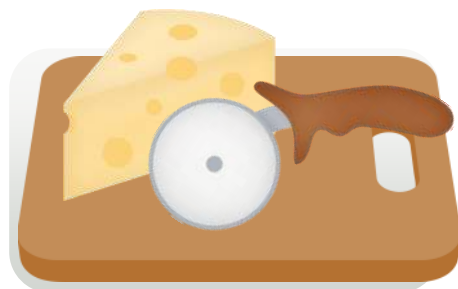


Week 17

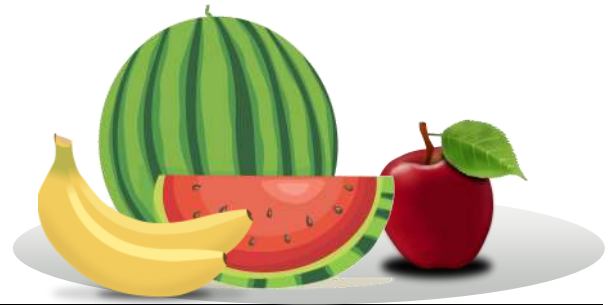


	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Easy Strawberry Smoothie with toast topped with favorite	Omelets	*French Toast, Sausage Links	Poached Eggs on Avocado Toast	No Bake Rice Krispies Snacks with Drinkable Yogurt & Apple Slices	Toad (egg) in a Hole Toast with Side of Fruit or Breakfast Meat	Sausage & Gravy Casserole
Lunch	Hotdog, Potato Chips, and a Pickle Spear	*Enchilada Soup with Tortilla Chips	Zucchini Muffins, Rolled Deli Turkey, Bell Pepper Slices, Favorite Treat	Tuna Canoes, Grape Tomatoes, Apple Slices, Teddy Grahams	Taco with Meat & Cheese, Snow peas, Watermelon Slices, Cookies	Cheese-burger Mac & Cheese with Tomato Slices and On-Hand Fruit Salad	Cold Pasta Salad, Watermelon Slices, Ritz or Goldfish Crackers
Dinner	Molasses Grilled Pork Tenderloin with Mashed Potatoes and Green Beans	Taco Tuesday	*Freezer Meal: Lasagna, Frozen Garlic Bread and Side Salad	BBQ Chicken Quesadillas with a side of White or Brown Rice	Crock Pot Corned Beef & Cabbage with Boiled Potatoes	Bacon Pasta Salad with Avocado Crema Sauce	*Freezer Meal: Shepherd's Pie with Crusty Bread

Notes— *Make up extra French toast, slice into sticks, place in a baggie and freeze for next week's breakfast. Use leftover Enchilada Soup from Saturday Week 16. Use pre-frozen Lasagna and Shepherd's Pie you prepped on week 1.

Week 17

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Strawberries	1-2 Doz. Eggs	Box Rice Krispy	Whole Wheat Flour
Bananas	Milk	1 Can Tuna	Ground Flax Seed
Watermelon	1 lb. Butter	1 Box Mac & Cheese	Spirulina
2-3 Avocados	16 oz. Unsweetened	1 Box Rotini or Elbow Pasta	Chocolate Chips
1 Garlic Bulb	Shredded Cheddar	Ranch or Italian Dressing	Apple Cider Vinegar
2 Containers Cherry or Grape Tomatoes	Queso Fresco	1 Box Orecchiette Pasta	Molasses
Green Onions	Deli Turkey	1 Can Pineapple Rings	Dijon Mustard
3-4 Small Zucchini	Deli Ham	Taco Shells	BBQ Sauce
Bell Peppers	1 Can Large & Flaky	1 Box Ritz Crackers	Cloves
Celery Stalks		Goldfish Crackers	1 Bottle Guinness
Snow Peas	<i>Frozen</i>	Tortilla Chips	Mexican Oregan
3 lb. Bag Potatoes	1 Pkg. Frozen Peas	Potato Chips	
Carrots	1 Pkg. Frozen	<i>Meat</i>	
2-3 Onions	1 Pkg, Frozen Green Beans	1 lb. Breakfast Sausage	<i>Bakery</i>
1 Red Onion	1 Pkg. Frozen Corn	Hot Dogs	Brioche or Italian
3 Plum Tomatoes		2 lb. Ground Beef	Sandwich Bread
1 Head of Cabbage		2 lb. Pork Tenderloin	Hot Dog Buns
1 Bunch Cilantro		2 Boneless Chicken Breasts	Whole Wheat Flour
		3-4 lb. Corned Beef Brisket	
		1 lb. Bacon	