

# Week 19

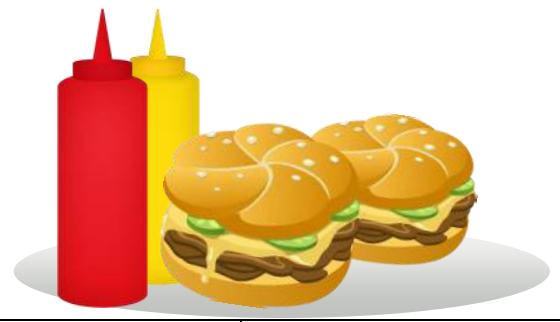


	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Breakfast</b>	Maple Sausage Breakfast Rolls	Oatmeal with Raisins and Cinnamon	Banana Cereal Bars Strawberry Smoothie	Low Carb Breakfast Scramble	Crispy Bacon & Buttermilk Biscuit Sandwich	Strawberry Shortcake Pancakes*	Ham, Egg & Cheese Roll-Ups
<b>Lunch</b>	Yogurt Cups, Celery Sticks, Grapes & Almonds	Lemony Cucumber Sandwiches with Bag of Chips & Peaches Fruit Cups	Easy Pretzel Dogs, Crunchy Cole Slaw, Apple Slices	Cranberry Chicken Salad With Pretzel Sticks, & Pudding Cups	*BBQ Chicken Bites, White Rice & Steamed Broccoli	Philly Cheesesteak Sliders	Slow Cooker Pork Chops with Sweet Potatoes
<b>Dinner</b>	Slow Cooker Mongolian Chicken with White Rice*	Clean Eating Tilapia with Steamed Broccoli* and Roasted Red Potatoes	Whole Roasted *Chicken, Mashed Potatoes and Buttered Corn on Cob	Apple Pork Chops with Asparagus	Hard Rock Fiesta Burger Recipe with Sweet Potato Fries	Creamy Tomato & Spinach Pasta with Spinach & Strawberry Salad	Easy Frito Pie with Black Bean & Corn Salsa

**Notes** — \*Reserve leftover white rice, broccoli, & chicken, for lunch on Friday. Make extra mini Pancakes for lunch next week.

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# Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Bananas	2 Doz. Eggs	1 Can Sweet Potatoes	Extra Virgin Olive Oil
1 Qt. Strawberries	Milk	1 Can Whole Cranberries	Canola Oil
Grapes	Provolone Slices	Peach Fruit Cups	Baking Soda
Apples	1 Pkg. Cream Cheese	Pudding Cups	Baking Powder
2 White Onions	Shredded Cheddar	Raisins	Ground Paprika
Baby Red Potatoes	Sour Cream	Fritos Corn Chips	Dried Mustard
Corn on the Cob	Butter	Mini Potato Chip Bags	Chili Powder
1 Bunch Asparagus	Canned Cinnamon	Pretzel Sticks	Cayenne Pepper
1 Large Cucumber	Tube Crescent Rolls	Cereal Bars	Italian Seasoning
5 Tri-Color Bell	Strawberry or Plain	Salsa	Garlic Powder
Fresh Dill	Yogurt Cups	Cole Slaw Dressing	Onion Powder
Lemons	<i>Meat</i>	Mayonnaise	Ground Ginger
Lettuce	20 Slices Deli Ham	Ketchup	Ground Cinnamon
Spinach	Canadian Bacon	BBQ Sauce	Ground Nutmeg
Tomatoes	Hot Dog Wieners	Mustard	Taco Seasoning
Cole Slaw Mix	Bacon	Dried Cranberries	Maple Syrup
Black Olives	Sausage Links	Oats	Worcestershire Sauce
Celery	4 Tilapia Filets	Box White Rice	Brown Sugar
Sweet Potatoes	2 lbs. Ground Beef	<i>Frozen</i>	Almonds
<i>Bakery</i>	4 Boneless Pork Chops	1 Box Philly Steak Slices	All-Purpose Flour
Tortilla Wraps	6 Bone-in Pork Chops	Dinner Rolls	Sugar
Slider Buns	Whole Chicken	2 Pkgs. Broccoli Spears	
Sandwich Bread	Boneless, Chicken Br.		