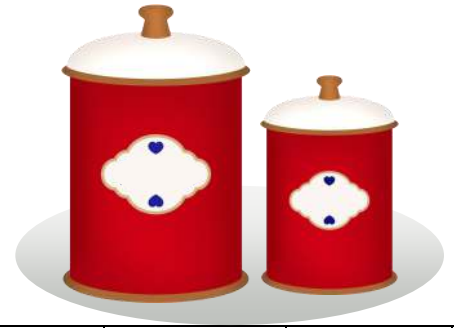


Week 23



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Eggs Benedict Breakfast Bake	Sausage Links with Toast & Jelly	Egg White Breakfast Cups	Yogurt Cubes or Tubes, with Strawberries	Easy Breakfast Quesadillas	Low Carb Puff Pancakes	Bacon, with Scrambled Eggs & Toast
Lunch	Meatballs with Marinara Sauce, String Cheese, Cubed Watermelon	Paleo Beef Avocado Blueberry Salad with Maple Mustard Dressing	BLT Chicken Salad with Potato Chips and Sliced Apples	Watermelon Blueberry, & Feta Salad	Pasta Salad	Chicken Club Quesadillas with Garden Salad	Spinach and Quinoa Salad
Dinner	Chicken Teriyaki Lettuce Wraps with a Side of Quinoa	*Pulled Pork BBQ Sliders with Apple Baked Beans and Copycat KFC Cole Slaw	Shrimp Scampi over pasta with Cucumber & Sweet Onion Salad	Crispy Baked Chicken Drumsticks with Easy Parmesan Orzo	Grilled Pork Tenderloin with Zucchini & Squash	Slow Cooker Beef & Bean Enchiladas with a Lettuce Wedge & Ranch Dressing	Spinach Stuffed Chicken Parmesan with Buttered Pasta and Spinach Salad

Notes — *Reserve leftover pulled pork for dinner Tuesday week 24.

Week 23 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Strawberries	2 Dozen Eggs	Jelly (family favorite)	Honey
Watermelon	Milk	1 Can of Pineapple Chunks	Apple Cider Vinegar
Lemons	Butter	Walnuts & Pecans	Olive Oil
6-8 Apples	Deli Ham	Maple Mustard Dressing	Baking Powder
Blueberries	Breakfast Ham	Individual Potato Chip Bags	Almond Flour
Avocado	Sharp Cheddar	1 Jar olives	0 Cal. Sweetener
Cole Slaw Blend	Sour Cream	Pickle Spears	White Vinegar
3-4 Cucumbers	Egg White	Quinoa	Cayenne Pepper
Roma Tomatoes	Yogurt Cups or Tubes	Pinto or Black Beans	Paprika
2 Grape Tomatoes	Feta	1 Jar Great Northern Beans	Dried Blueberries
Green Onions	String Cheese	2 Boxes Pasta (Any shape)	Red Wine Vinegar
Chives	Deli Roast Beef	1 Box Fettucine	Arrowroot Powder
3 Sweet Onions	Goat Cheese	1 Box Orzo	Garlic Powder
Garlic Bulb	Buttermilk	Chicken Bouillon	Onion Powder
Zucchini	Ricotta Cheese	Ketchup	Italian Herbs
Summer Squash	Mozzarella Cheese	Mayonnaise	Parsley
Spinach	<i>Meat</i>	Yellow Mustard	Sesame Seeds
Arugula	Sausage Links	Dijon Mustard	Sugar
Romaine Lettuce	2 lbs. Bacon	BBQ Sauce	Brown Sugar
Iceberg Lettuce	1 Rotisserie Chicken	1 Jar Marinara Sauce	Cinnamon
<i>Bakery</i>	3-5 lbs. Pork Shoulder	Enchilada Sauce	Oregano
English Muffins	1 lb. Shrimp (or frozen)	Grated Parmesan Cheese	Lemon Pepper
Sandwich Bread	3 lbs. Drumsticks	Bread Crumbs	<i>Frozen</i>
2 Pkgs. Tortillas	1 Pork Tenderloin		Meatballs
Slider Buns	1 lb. Ground Beef		