

# Week 38



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Cubed French Toast with Berries in a To-Go cup	Sliced Ham with Boiled Eggs on Toast with Avocado Slices	Baked Oatmeal with Blueberries	Double Peanut Butter *Breakfast Bars with Banana and Milk	Cheesy Breakfast Bake with Whole Wheat Toast	Pancake topped with Cooked Apples and a side of Sausage Links	Easy, Cheesy Bacon and Eggs Bake
<b>Lunch</b>	Bacon, Lettuce & Avocado Sandwich with Bag of Chips, Pickle Spear and Sliced Apples	Butterfly Pasta Bento	Turkey & Swiss with Roasted Sweet Peppers on Iceberg Lettuce with Honey Mustard	Homemade *Beefaroni with Grapes and Breakfast Bars	Chicken Salad on Croissant with Grapes and Goldfish Crackers	Frozen Pizzas topped with Arugula and Avocado	Reuben Wraps with Kettle Cooked Chips and Pickle Spear
<b>Dinner</b>	Zucchini Noodles Margherita with Grilled Chicken Breast Strips	*Orange Pork Stir-Fry over White Rice	Crockpot Creamy Ranch Chicken with Hasselback Potatoes	Grilled Pineapple Steak Bowls	*Sheet Pan Seared Chicken with Asparagus and Carrots	Chipotle Ranch *Turkey Burgers with Aioli Sauce, and Green Beans	Herb Roasted Chicken and Potatoes

**Notes-** \*Pack extra breakfast bars for lunch. Double the Beefaroni recipe and freeze the extra for a dinner meal when life gets a bit hectic. Make up extra turkey burgers and place in freezer bag for a quick dinner on a busy night. Prep an extra Pork Stir-fry in a freezer bag, and cook in a slow cooker at a later time when you feel a bit swamped. While prepping chicken & vegetables for Sheet Pan Seared Chicken, double your recipe, and add the second amount to a freezer bag for another easy meal prep for a later date.

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# Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Blueberries	Eggs	Jasmine Rice	Poultry Seasoning
Lime	Milk	Soy Sauce	Sesame Oil
Pineapple	Butter	1 Box Bow Tie Pasta	Canola Oil
Grapes	1 Block Cream Cheese	1 Box Pasta (any shape)	1 Pkg. Ranch Dressing Mix
Apple Slices	Sliced Swiss Cheese	1 Jar Peanut Butter	Pancake Mix
1 Avocado	Sliced Cheese	2- 14 oz. Cans Diced Tomatoes	Chopped Walnuts
1 Sweet Onion	Shredded Sharp Cheddar Cheese	1 Jar Sauerkraut	Chopped Dry-Roasted Peanuts
1 Red Onion	Shredded Monterey Jack Cheese	1 Lg. Can Cream of Chicken Soup	
1-2 Bunches Green Onions	Fresh Mozzarella	1 Jar Chipotle Peppers in Adobo Sauce	1 Pkg. Dried Fruit (Raisins, Cranberries...)
1 Pkg. Roma Tomatoes	Orange Juice	Thousand Island Dressing	Grated Orange Peel
1 Medium Tomato		Honey Mustard Dressing	
1 Bunch Fresh Basil	<i>Meat</i>	Pickle Spears	
1 Pkg. Spinach	1 lb. Bacon	Whole Grain Cereal	
1 Bag Potatoes	1 lb. Sausage	Cheerios	
1 Lg. Sweet Potatoes	Sausage Links	Kettle Cooked Chips	
2 Bags Baby Carrots	1 Pkg. Pre-cooked Grilled Chicken Strips	Goldfish Crackers	
2 lbs. Asparagus	10 oz. Skirt Steak	Cereal BARS	
Arugula	6-8 Boneless, Chicken Breasts	<i>Bakery</i>	<i>Household</i>
Iceberg Lettuce	2 lbs. Lean Ground Turkey	Mini Hamburger Bus	Zip Baggies
<i>Frozen</i>	5 Boneless, Skinless, Chicken Thighs or Breasts	Spinach Tortilla Wraps	
Shredded Hashbrowns	2 lbs. Ground Beef	1 Loaf Sandwich Bread	
Cubed Hashbrown Potatoes	1 lb. Deli Corned Beef	1 Loaf Whole Wheat Bread	
Zucchini Noodles (or buy fresh and spiral)	1 lb. Deli Meat		
1 Bag Green Beans	2 lbs. Pork Tenderloin		
Peas			