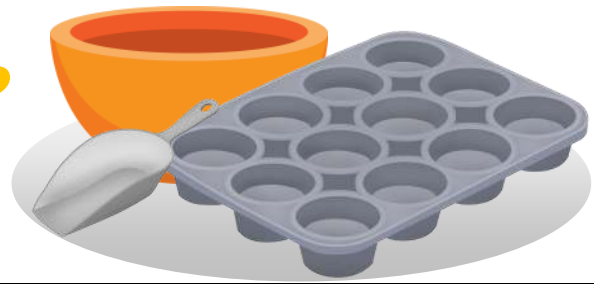


Week 33



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Cinnamon Raisin English Muffins with Cream Cheese	Easy Breakfast Sausage Cups	Greek Yogurt Baked Oatmeal	Ham & Egg Scramble with Cheddar Cheese	Florida Banana Bread Protein Pancakes	Sausage, Gravy, & Biscuits	Chicken and Herb Breakfast Patties with Scrambled Eggs & Tomato
Lunch	*Boiled Eggs, Crackers, Blueberries	*Beef Stroganoff w/ Cherry Tomatoes and Bagel Chips	Chicken Parm Meatball Pops	Tuna, Avocado Lettuce Wraps and Applesauce Cups	Deli Turkey or Chicken, Cheese Sticks, Favorite Snack	Bacon and Cheddar Steak Fries	White Pizza Grilled Cheese Sandwiches
Dinner	Frito Pie with Side Salad	Coconut Lime Chicken with Steamed Rice and Salad	Tomato Asiago Pork Tenderloin Skillet	One Pot Chicken Tetrazzini	Family Pizza Night	Banzai Sliders with Sweet Potato Fries	Easy Ham & Cheese Quiche with Side Salad

Notes- *Use leftovers from week 32.

Week 33

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Limes	2 Doz. Eggs	Italian Style Panko Bread Crumbs	Dried Thyme
1 Lemon	Milk	1 Jar Spaghetti Sauce	Dried Rosemary
Bananas	Butter	1 Box Elbow Macaroni	Garlic Powder
Avocados	Heavy Cream	1 Box Oats	Chili Powder
Strawberries	Sour Cream	3 Bags Corn Chips	Paprika
Blueberries	Shredded Mozzarella Cheese	1 Box Chicken Broth	Dried Basil
2 Pkgs. Mushrooms	Mozzarella Cheese Sticks	1 Can Beef Broth	Dried Oregano
Baby Spinach	Shredded Cheddar Cheese	1 Box Chicken Stock	Dried Tarragon
Lettuce	Cottage or Ricotta Cheese	1 Jar Salsa Verde	Pink Salt
1 Bunch Fresh Parsley	Asiago Cheese	1 Bottle Dry White Wine	Cornstarch
3 Lg. Baking Potatoes	Parmesan Cheese	1 Pkg. Sundried Tomatoes	Baking Powder
Onions	1 Pie Shell	1 Can Chili with Beans	Baking Soda
3-4 Mixed Color Bell Peppers	Shredded Monterey Jack Cheese	1 Box Long Pasta Noodles	Unsweetened Coconut Flakes
Slicing Tomatoes	Queso Fresco	1 Can Sliced Pineapple	Coconut Flour
Cherry Tomatoes	Plain Greek Yogurt	1 Can Sliced Pineapple	Coconut Oil
2 Bunches Broccoli	Cream Cheese	Applesauce Cups	Peanut Oil
Cucumbers	Deli Ham & Turkey	Lunch Snack Treats	Cooking Spray
	1 Can Biscuits		1 Pkg. Ranch Seasoning
<i>Frozen</i>	<i>Meat</i>	<i>Bakery</i>	Maseca Corn Flour
	2.5 lbs. Lean Ground Chicken (Separated)	Cinnamon Raisin English Muffins	<i>Household</i>
	10-12 Boneless, Skinless, Chicken Breasts	2 Pkgs. Sandwich Bread	
	1 Pkg. Pork Tenderloin	10 Corn Tortillas	
	1 Rotisserie Chicken, for Shredding (or other pre-cooked chicken)	Kings Hawaiian Rolls	
	1 lb. Bacon		
	1/2 lb. Ground Chuck		
	1/2 lb. Ground Sirloin		