

Week 30



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Apple and Oats Yogurt Parfait	Toast with Nut Butter and Sliced Bananas & Honey Drizzle	Cranberry Oatmeal Bars	Toast with Ricotta Cheese, Tomatoes & Basil	4 Ingredient Blueberry Oatmeal Breakfast Cookies	Broccoli and Goat Cheese Frittata	French Toast Breakfast Casserole
Lunch	Quinoa with Baby Spinach, Tomatoes and a Fried Egg	Italian Sausage Subs	French Bread Toast Points with Hummus Dip and Rolled Deli Meat	Chicken Caesar Salad in a Jar	Fish Stick Tacos with Cole Slaw	Hawaiian BBQ *Chicken Pizza	Creamy Chicken Alfredo
Dinner	Crockpot Beef Stroganoff over Noodles with a Side of Steamed Broccoli	3 Bean Chili with Sour Cream and Corn Muffins	Bacon, Ranch & Tomato Pie with Spinach, Pea and Cucumber Salad with Crusty	Slow Cooker Pot Roast with Onion Soup Mix and Mashed Potatoes	*Grilled BBQ Chicken with Grilled Veggies	Grilled Cod with Lemon Thyme and Garlicky Green Beans	Cheesy Meatball Stuffed Peppers with Garden Salad

Notes — *Grill some boneless chicken breasts to have for dinner next week. Use Rotisserie

Chicken for BBQ Pizza, reserve remaining chicken from bone for Saturday Lunch week 31. Also, you can use the bones to make your own chicken stock.

Week 30 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Blueberries	Eggs	Organic oats	Ground cinnamon
1 large apple	Milk	Almond butter	Dried cranberries
2-3 Oranges	Butter	4 Oz. Can Mushroom	2 Pkgs. Active yeast
1 Lemon	16 oz. Sour Cream	Beef Bullion Cubes	2 Bottles BBQ Sauce
2 Pt. Grape Tomatoes	1 Lg. Pkg. Plain Yogurt	1 Can Crm of Mushroom Soup	Worcestershire Sauce
Bananas	16 oz. Cream Cheese	1 Pkg. Onion Brown Gravy Mix	1 Pkg. Chili Seasoning
Fresh Thyme	Shredded Parmesan	Egg Noodles	1 Pkg. Ranch Mix
Celery	2 oz. Goat Cheese	1- 15 oz. pinto Beans	Onion Soup Mix
Parsnips	Shr. Mozzarella Cheese	1- 15 oz. Kidney Beans	
Carrots	Shr. Cheddar Cheese	1- 15 oz. Ranch Style Beans	
Mushrooms	2 refrigerated pie crusts	1 Pkg. Beef or Chicken Broth	
6 Lg. Bell Pepper	Ricotta Cheese	Pickle Relish	
5 Onions	8 oz. Canadian Bacon	Quinoa	
1 Bunch chives	Hummus Dip	Caesar Dressing	
Fresh Green Beans	Deli Meat	Corn Muffin Mix	
Baby Spinach	Cooked Meat	Egg Noodles	
Cucumbers	<i>Meat</i>	1 Jar Marinara Sauce	<i>Bakery</i>
Romaine Lettuce	1 Rotisserie Chicken		Sandwich Bread
Slicing Tomatoes	2 lbs. Bacon	<i>Frozen</i>	2 Loaves French bread
Fresh Basil	2 lbs. Stewing Beef	Broccoli florets	Italian Bread
2-3 Zucchini	2 lbs. Ground Beef	Fish Sticks	Sub or Hoagie Buns
1-2 Yellow Squash	3 lb. Beef Chuck Roast	Green Peas	
	1 Lg. Pkg. Bone-In Chicken		
	8 (3.5 Oz) Cod Fillets		
	Italian Sausage		
	1 lb. Ground Pork		