

Week 37



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Homemade Granola Bars with Chocolate Milk	Cinnamon Rolls and Sausage Links	Berry & Yogurt Smoothie	Scrambled Eggs, Buttered Toast	Strawberry Cheesecake Breakfast Quinoa	Blueberry Muffins with Bacon Slices	Tater Tot Frittata
Lunch	Chicken Nuggets with Fruit, and Carrots & Celery Sticks	*Roast Beef & Cheddar Sub	*Chicken & Spinach Flat Bread White Pizza	Macaroni & Cheese with Ham	Chicken Salad Sandwiches, Popcorn, Sliced Cucumbers	Quick & Easy Taco Bowls	Chicken & Hummus Wraps with Sour Cream
Dinner	Stuffed Pork Tenderloin with Mushroom Sauce and Loaded Mashed Potatoes	Layered Taco Pie with White Rice	BBQ Chicken & Corn Salad	Mongolian Beef Stir Fry	Turkey Burgers with Roasted Sweet Potatoes	Slow Cooker Baked Potato Buffet	Crispy Baked Chicken Drumsticks with Cilantro Lime Rice

Notes — *Wherever possible use up remaining pantry and fridge ingredients before making additional purchases. Use leftover roast beef, thick cut ham, and rotisserie chicken from previous Weeks.

Week 31 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Blueberries	Eggs	Quinoa	Pecans
Strawberry	Milk	Macaroni & Cheese	Cashews
Carrots	Chocolate Milk	Popcorn	Walnuts
Celery	Butter	2 Cans Black Beans	Almonds
Cucumbers	Cinnamon Rolls	1 Can Corn	Sunflower Seeds
Sweet Potatoes	Plain or Vanilla Yogurt	1 Jar Salsa	Pumpkin Seeds
Baking Potatoes	Cream Cheese	Evaporated Milk	Pitted Dates
	Heavy Cream	Chicken Bouillon	Balsamic Vinegar
	Sour Cream		Italian Herb Blend
	Shredded Mexican Cheese		Dark Brown Sugar
<i>Frozen</i>	<i>Meat</i>	<i>Bakery</i>	<i>Household</i>
Tater Tots	Sausage Links	Blueberry Muffins	
Chicken Nuggets	Bacon	Sub Buns	
	2 lbs. Ground Beef	French Bread Loaf	
	3 lbs. Pork Tenderloin	Wraps	
	1 lb. Ground Turkey	1 Pkg. Flour Tortillas	
	3 lbs. Drumsticks		
	1 lb. Tri-Tip or London Broil		