



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pasta Fagoli with Black Eyed Peas	2 Crockpot Beef & Broccoli Rice
3 Spaghetti & Meatballs Salad 	4 Egg Fried Rice	5 Black Bean & Corn Quesadillas	6 Leftovers 	7 Giambotta (Italian Vegetable Stew)	8 Mini Corndog Bites Oven Baked French Fries	9 Meatball Subs Salad
10 Spinach 3 Cheese Stuffed Shells	11 Butternut Squash Soup Grilled Cheese 	12 Turkey Tacos Corn	13 Leftovers 	14 Pasta with Bacon & Peas	15 Asian Stir Fry Rice	16 BBQ Pulled Pork Sweet Potato Fries
17 Roasted Chicken Mixed Veggies Roasted Potatoes	18 Macaroni & Cheese Peas	19 Chicken Enchilada Cups Corn	20 Leftovers 	21 Breakfast Burritos	22 Chicken Nuggets Oven Baked French Fries	23 Teriyaki Chicken Meatballs Rice Broccoli
24 Eggplant Parmesan	25 ABC Soup Grilled Cheese	26 Carnitas (Pork Tacos) Corn	27 Leftovers 	28 Pierogies with Caramelized Onions and Bacon	29 DIY Pizzas	30 Buffalo Chicken Strips Celery & Ranch
31 Sausage & Peppers						

january grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 celery heart	1, 15 oz can black eyed peas	1, 8 oz parmesan cheese	1 lb hot italian sausage
4 heads garlic	3, 15 oz cans petite diced tomatoes	2, 18 ct eggs	3, 12 oz pkg bacon
1 pkg basil	1 small can tomato paste	32 oz shredded mozzarella	5 lbs chicken breast
1 head broccoli	4, 32 oz chicken stock	1, 15 oz ricotta cheese	1, 4-5 lb whole chicken
5 lbs onions	1 lb ditalini	1, 16 ct american cheese	1, 5 lb pork shoulder
2 green peppers	1 lb spaghetti	32 oz shredded mexican cheese	1, 1 lb pork shoulder
2 red peppers	1, 32 oz beef broth	2 lbs butter	1 lb ground turkey
8 zucchinis > about 3 lbs	1, 12 oz soy sauce	1 pt cream	1 pkg hot dogs
2 bags salad mix	3, 28 oz cans crushed tomatoes	1, 8 oz sour cream, optional	2 lb ground beef
1 lb jalapenos	6, 32 oz cans tomato sauce		1, 1 lb chuck roast
10 lbs potatoes	2, 28 oz cans tomato puree		
1 bunch spinach	1, 8 oz hot sauce		
1 lb carrots	2, 15 oz cans black beans		
1 butternut squash	2, 10 ct flour tortillas		
2 heads lettuce	1 pkg hot dog buns		
1 lb roma tomatoes	2, 12 ct taco shells		
2 bunches parsley	1 loaf bread		
1 large eggplant	1, 15 oz sesame ginger salad dressing		Bulk & Frozen
2 large sweet potatoes	1, 16 oz apple cider vinegar		2 lbs rice
	1 pkg hamburger buns		2, 32 oz broccoli
	1, 16 oz velveeta		1 large pkg pierogies
	1, 15 oz teriyaki sauce		3, 32 oz corn
	1, 8 oz abc noodles		1, 32 oz peas
	1 pkg yeast		1, 16 oz mixed veggies
			1, 10 oz peas and carrots
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil		

Week One

january 1 - 8. 2016

January 1

Pasta Fagoli (Pasta Fazool) with Black Eyed Peas - NEW!

January 2

Crockpot Beef and Broccoli with Rice - NEW!

- Make extra rice for Egg Fried Rice on Tuesday, January 4

January 3

Spaghetti and Meatballs

- Make Crockpot Spaghetti Sauce and a double batch of Meatballs
- Use spaghetti sauce for dinner tonight and freeze leftover sauce in 3 separate containers for Spinach 3-Cheese Stuffed Shells, Eggplant parmesan and Meatball Subs
- Use half of Meatballs for dinner tonight and freeze the cooked Spaghetti Sauce for Meatball Subs on Saturday, January 9

January 4 - Meatless Monday!

Egg Fried Rice

- Use leftover rice from Saturday

January 5 - Taco Tuesday

Black Bean and Corn Quesadillas

January 6

Leftover Night!

January 7

Giambotta (Italian Vegetable Stew) - NEW!

January 8

Mini Corndog Bites and Oven Baked French Fries

- Take out frozen Spaghetti Sauce for Stuffed Shells and Meatball Subs next week

grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 stalk celery	1, 15 oz can black eyed peas	1, 4 oz parmesan cheese	1, 1lb beef chuck roast
1 head garlic	3, 28 oz crushed tomatoes	1, 12 ct eggs	2 lb ground beef
1 head broccoli	3, 28 oz tomato sauce		1 pkg hot dogs
4 onions	2, 28 oz tomato puree		
1 green pepper	2, 15 oz cans black beans		
2 zucchini	1, 10 ct flour tortillas		
1 red pepper	1, 15 oz diced tomatoes		Bulk & Frozen
1 bag salad mix	1, small can tomato paste		1, 10 oz peas and carrots
1 jalapeno	1, 32 oz chicken stock		1, 16 oz corn
3 lbs potatoes	1, 32 oz beef stock		1 lb rice
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil		

Week Two

january 9 - 15, 2015

January 9

Meatball Subs and Salad

- Use frozen Meatballs and Spaghetti Sauce from last week

January 10

Spinach 3-Cheese Stuffed Shells

- Use frozen Spaghetti Sauce from last week

January 11 - Meatless Monday!

Butternut Squash Soup and Grilled Cheese

- Freeze other half of bread for ABC Soup and Grilled Cheese on January 25
- Save extra American cheese for Grilled Cheese on January 25t

January 12 - Taco Tuesday!

Turkey Tacos and Corn

January 13

Leftover Night!

January 14

Pasta with Bacon and Peas

January 15

Easy 30-Minute Asian Stir Fry and Rice

grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 bag salad mix	1 pkg hot dog buns	1, 16 oz mozzarella cheese	1 lb ground turkey
1 bunch spinach	1 pkg large shells	1, 15 oz ricotta cheese	1, 12 oz bacon
1 butternut squash	1, 32 oz chicken stock	1, 16 ct american cheese	1 lb chicken breast
5 carrots > about 1/2 lb	1 loaf bread	1, 8 oz mexican cheese	
3 onions	1, 12 ct taco shells	1 lb butter	
1 head garlic	1 lb pasta	1, 4 oz parmesan cheese	
1 head lettuce	1 bottle sesame ginger salad dressing		Bulk & Frozen
2 roma tomatoes			1, 16 oz peas
2 zucchini			1, 16 oz corn
			1, 16 oz broccoli
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil		

Week Three

january 16 - 22, 2015

January 16

Crockpot BBQ Pulled Pork - NEW!

January 17

Herb and Garlic Roasted Chicken, Mixed Veggies and Roasted Potatoes

- Save chicken bones and make Homemade Chicken Stock and save money on buying boxed chicken stock later in the month
- Save leftover chicken for Chicken Enchilada Cups on January 19

January 18 - Meatless Monday!

Macaroni and Cheese and Peas

January 19 - Taco Tuesday!

Chicken Enchilada Cups and Corn

- Use leftover Chicken from Sunday

January 20

Leftover Night!

January 21 - Breakfast For Dinner!

Breakfast Burritos

January 22

Homemade Chicken Nuggets with Hidden Veggies and Oven Baked French Fries

- Buy and grind extra chicken for Teriyaki Chicken Meatballs on January 23

grocery list

Produce	Grocery	Dairy	Meat & Poultry
5 lbs potatoes	1, 16 oz apple cider vinegar	1 lb butter	1, 5 lb pork shoulder
1 head garlic	1 pkg hamburger buns	1 pt cream	1, 4-5 lb whole chicken
1 bunch parsley	2, 16 oz pasta	16 oz mexican cheese	1, 12 oz bacon
3 jalapeños	1, 16 oz velveeta	12 ct eggs	1 lb chicken breast
2 onions	1, 32 oz tomato sauce		
1 zucchini	1, 10 ct flour tortillas		
2 large sweet potatoes			Bulk & Frozen
			1, 32 oz corn
			1, 16 oz peas
			1, 16 oz mixed veggies
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil		

Week Four

january 23 - 31, 2015

January 23

Teriyaki Chicken Meatballs, Rice and Broccoli

- Try and grind extra chicken on January 22 when you make Chicken Nuggets to make dinner prep easier tonight

January 24

Eggplant Parmesan

- Use frozen Spaghetti Sauce from January 3 and take leftover bread out of freezer for Grilled Cheese tomorrow

January 25 - Meatless Monday!

ABC Soup and Grilled Cheese

January 26 - Taco Tuesday!

Carnitas (Pork Tacos) and Corn - NEW!

January 27

Leftover Night!

January 28

Pierogies with Caramelized Onions and Bacon

January 29

DIY Pizza Night!

- Make your own pizza with your favorite toppings. Only the cheese, sauce and crust are included in the ingredients for this recipe.
- Make Homemade Ranch Dressing for tomorrow night if you can

January 30

Buffalo Chicken Strips and Celery with Homemade Ranch

January 31

Sausage and Peppers - NEW!

grocery list

Produce	Grocery	Dairy	Meat & Poultry
4 onions	1, 15 oz teriyaki sauce	1, 12 ct eggs	2 lb chicken breast
1 head garlic	1 pkg abc noodles	16 oz mozzarella cheese	1 lb hot italian sausage links
1 large eggplant	2, 15 oz diced tomatoes	1, 8 oz mexican cheese	1, 12 oz bacon
2 carrots	2, 32 oz chicken stock	1, 8 oz sour cream	1, 1 lb pork shoulder
1 celery heart	1, 12 ct taco shells	1 lab butter	
2 zucchini	1 pkg yeast		
1 jalapeno	1, 8 oz hot sauce		Bulk & Frozen
1 lb potatoes			1, 16 oz corn
1 red pepper			1 large pkg pierogies
1 green pepper			1, 16 oz broccoli
1 bunch parsley			
1 head lettuce			
3 roma tomatoes			
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil		