



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 April Fools! Meatloaf Cupcakes Corn	2 Asian Chicken Lettuce Wraps
3 CrockPot Spaghetti Sauce & Meatballs	4 Grilled Cheese & Tomato Soup	5 Turkey Tacos	6 Leftovers 	7 Chicken Caesar Salad	8 Corn Dog Bites Sweet Potato Fries	9 Pierogies with Bacon Peas
10 Pizza Pasta Bake Salad	11 Leftovers 	12 Grilled Green Chili & Pepper Jack Cheeseburger Oven Baked French Fries	13 Breakfast For Dinner!	14 Grilled Ham & Cheese Homemade Chips	15 CrockPot Carne Asada Tacos Corn	16 Chicken Fettuccine Alfredo with Peas
17 Herb & Garlic Baked Chicken Scalloped Potatoes Glazed Carrots	18 Macaroni & Cheese Broccoli	19 Chicken Cordon Bleu Casserole Peas	20 Leftovers 	21 Meatball Subs Salad	22 Homemade Pizza	23 Ground Beef Stroganoff Peas
24 CrockPot Teriyaki Chicken & Broccoli	25 Baked Ziti Salad	26 Egg Fried Rice	27 Leftovers! 	28 Sloppy Joes Corn	29 Pasta with Bacon and Peas	30 Homemade Chicken Tenders Oven Baked French Fries

april 2016 grocery list

Produce	Grocery	Dairy	Meat & Poultry
10 lbs potatoes	3, 28 oz crushed tomatoes	2 dozen eggs	5 lbs ground beef
3 heads garlic	2, 28 oz tomato puree	1, 32 oz whole milk ricotta	1 lb ground turkey
1 bunch basil	4, 28 oz tomato sauce	1, 15 oz whole milk ricotta	1 pkg hot dogs
5 lbs onions	1 loaf bread	32 oz shredded mozzarella	1 whole chicken
2 zucchini	taco shells	parmesan cheese	1 chuck roast
4 jalapeños	1 can pinto or black beans	American cheese	pepperoni
3 limes	1, 16 oz velveeta	16 oz shredded cheddar	5 lbs chicken breast
1 bunch cilantro	fettuccine	1 qt half and half	2, 20 oz bacon
2 bunches parsley	yeast	1 pt whipping cream	
3 green chilies (anaheim)	1 can chipotle in adobo	queso fresco	
1 head broccoli	corn tortillas	sour cream	Deli
2 lbs carrots	2 pkg hamburger buns		1/4 lb pepper jack cheese
1 head butter lettuce	bbq sauce		1/4 lb swiss cheese
1 head romaine lettuce	flour tortillas		1/4 lb thin sliced ham
1 bunch green onions	Asian salad dressing		1/4 lb American cheese
2 bell peppers	1, 16 oz sweet chili sauce		
2 bags salad mix	2, 32 oz chicken broth		
spinach, optional	2, 15 oz petite diced tomatoes		Bulk & Frozen
roma tomatoes	egg noodles		1, 32 oz corn
			1, 32 oz peas
			1 lb rice
			pierogies
			1, 10 oz peas and carrots
			1, 16 oz broccoli
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week One

April 1 - 9, 2016

Friday, April 1

Meatloaf Cupcakes with Mashed Potato Icing
Corn

Saturday, April 2

Asian Chicken Lettuce Wraps

Sunday, April 3

CrockPot Spaghetti Sauce and Meatballs

* Split leftover spaghetti sauce into 3 separate containers for Baked Ziti, Pizza Pasta Bake and Meatball Subs and Homemade Pizza later in the month

* **Think Ahead!** Make the Baked Ziti and Pizza Pasta Bake for quick dinners later in the month

Monday, April 4

Grilled Cheese and Tomato Soup

Tuesday, April 5

Turkey Tacos

Wednesday, April 6

Leftovers

Thursday, April 7

Chicken Caesar Salad

Friday, April 8

Corn Dog Bites and Sweet Potato Fries

Saturday, April 9

Pierogies with Bacon

grocery list

Produce	Grocery	Dairy	Meat & Poultry
3-4 onions, 1 bunch green onions	crushed tomatoes	eggs	2 lbs ground beef
1 head garlic	tomato puree	parmesan cheese	ground turkey
butter lettuce	tomato sauce	shredded cheddar	2 lbs chicken breast
carrots	bread	cream	hot dogs
zucchini	Asian salad dressing	butter	bacon
spinach, optional	sweet chili sauce		
romaine lettuce	diced tomatoes		Bulk & Frozen
sweet potatoes	taco shells		American cheese
basil	black or pinto beans		pierogies
jalapeño	spaghetti		
lime			
1 bunch cilantro			
roma tomatoes			
2 lbs potatoes			
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Two

April 10 - 16, 2016

Sunday, April 10

Pizza Pasta Bake
Salad

Monday, April 11

Leftovers

Tuesday, April 12

Grilled Green Chili and Pepper Jack Cheeseburger - NEW!
Oven Baked French Fries

Wednesday, April 13

Breakfast for Dinner!

* I have included bacon and eggs in the grocery list.

Thursday, April 14

Grilled Ham and Cheese with Homemade Potato Chips - NEW!

Friday, April 15

CrockPot Carne Asada Tacos - NEW!

Corn

Saturday, April 16

Chicken Fettuccine Alfredo with Peas - NEW

grocery list

Produce	Grocery	Dairy	Meat & Poultry
garlic	corn tortillas	parmesan cheese - LOTS	pepperoni
2 green chiles (anaheim)	penne pasta	mozzarella cheese	1 lb ground beef
4 lbs potatoes	hamburger buns	15 oz ricotta cheese	1 lb chicken breast
1 bunch cilantro	bread	queso fresco	chuck roast
3 limes	fettuccine	heavy whipping cream	bacon
1 bag salad		butter	
2 onions		eggs	Bulk & Frozen
3 jalapeños			1/4 lb American cheese
roma tomatoes			1/4 lb pepper jack cheese
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Three

April 17- 23, 2016

Sunday, April 17

Herb and Garlic Baked Chicken

* Use leftover chicken for Chicken Cordon Bleu Casserole

Glazed Carrots

Scalloped Potatoes - NEW!

Monday, April 18

Macaroni and Cheese

Broccoli

Tuesday, April 19

Chicken Cordon Bleu Casserole - NEW!

* Use leftover chicken from Herb and Garlic Baked Chicken

Peas

Wednesday, April 20

Leftovers

Thursday, April 21

Meatball Subs

* Use leftover Spaghetti Sauce and meatballs

Salad

Friday, April 22

Homemade Pizza

* Mozzarella cheese and pepperoni included in grocery list

Saturday, April 23

20-Minute Ground Beef Stroganoff

Peas

grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 bunch parsley	pasta	cream	whole chicken
1 head garlic	veveeta	butter	1 lb ground beef
1 lb carrots	hot dog buns/rolls	parmesan cheese	1/4 lb ham - DELI
1 -2 lbs potatoes	yeast	shredded mozzarella	
2 onions	egg noodles	sour cream	
mushrooms, optional	cream of mushroom soup	1/4 lb swiss cheese - DELI	
1 bag salad			Bulk & Frozen
			Peas
			Broccoli
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Four

April 24 - 30, 2016

Sunday, April 24

CrockPot Teriyaki Chicken and Broccoli - NEW

* Use leftover rice for Egg Fried Rice

Monday, April 25

Baked Ziti

* Use leftover spaghetti sauce or make at the beginning of the month and freeze for a quick dinner

Tuesday, April 26

Egg Fried Rice

Wednesday, April 27

Leftovers

Thursday, April 28

Sloppy Joes

* I have NOT included the hidden veggies in the grocery list

Corn

Friday, April 29

Pasta with Bacon and Peas

Saturday, April 30

Homemade Chicken Tenders

Oven Baked French Fries

grocery list

Produce	Grocery	Dairy	Meat & Poultry
Broccoli	Asian salad dressing	1, 32 oz whole milk ricotta	2 lbs chicken breast
3 -4 onions	hamburger buns	16 oz shredded mozzarella	1 lb ground beef
1 head garlic	pasta	parmesan cheese	bacon
zucchini, optional		butter	
2 lbs potatoes			
			Bulk & Frozen
			rice
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		