

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 pasta with bacon & peas	2 chicken caesar salad/wraps	3 cheesy chicken & rice casserole broccoli	4 leftovers 	5 homemade pork pot stickers rice peas	6 spaghetti & meatballs salad 
7 crockpot bbq chicken mashed sweet potatoes corn	8 sesame noodles	9 bbq chicken quesadillas creamed corn	10 leftovers 	11 sloppy joes french fries peas	12 english muffin pizza 	13 chicken & veggie skewers rice
14 baked mac & cheese broccoli	15 leftovers 	16 diy nacho bar	17 chicken cutlets mashed potatoes mixed veggies	18 breakfast	19 meatloaf sweet potato fries corn	20 pasta salad
21 beer can chicken foil pack potatoes peas & carrots	22 beef stroganoff mixed veggies	23 ground beef tacos mexican street corn 	24 chicken noodle casserole	25 leftovers 	26 pizza pasta bake green beans	27 homemade chicken nuggets french fries broccoli
28 cheeseburgers twice baked potatoes corn on the cob	29 homemade ramen	30 bean tostada chips & salsa	31 leftovers 			

august 2016 grocery list

Produce	Grocery	Dairy	Meat & Poultry
2 heads romaine lettuce	3 boxes pasta	parmesan cheese	2, 16 oz bacon
1/2 head cabbage	2 pkg flour tortillas	1 qt cream	7 lbs chicken breast
4 bunches green onions	caesar salad dressing	1, 16 oz velveeta	1 lb pork for stew
3 heads garlic	pot sticker wrappers	1, 32 oz shredded cheddar	6 lbs ground beef
2 bags salad mix	3, 15 oz cream of chicken	1, 16 oz shredded cheddar	1 pkg pepperoni
4 - 5 lbs sweet potatoes	2 boxes spaghetti	1, 32 oz shredded mozzarella	1, 4-5 lb whole chicken
3 limes	3 crushed tomatoes	1, 8 oz sour cream	
small knuckle ginger	3 tomato sauce	queso fresco	
10 lbs potatoes	1 tomato puree	1, 15 oz ricotta	
5 lbs onions	bbq sauce		
1 green pepper	3, 32 oz chicken stock		Deli
1 red pepper	2 pkg hamburger buns		1/4 lb american cheese
2 zucchini	1, 15 oz tomato soup		
4 roma tomatoes	1 pkg english muffins		
4 jalapeños	1 pkg elbow macaroni		
corn on the cob	2 bags tortilla chips		
2 bunches cilantro	1 bag wide egg noodles		
	1, 15 oz cream of mushroom		Bulk & Frozen
	1 6pk ramen noodles		3, 32 oz peas
	2, 15 oz diced tomatoes		2, 32 oz broccoli
	taco shells		3, 32 oz corn
	tostada shells		1, 32 oz mixed veggies
			1, 10 oz peas and carrots
			1, 10 oz green beans
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week One

august 1 - 6. 2016

Monday, August 1

pasta with bacon and peas

- use half package of bacon and save other half for dinner tomorrow

Tuesday, August 2

chicken caesar salad or chicken caesar salad wraps

- use the rest of the bacon from Monday

Wednesday, August 3

cheesy chicken and rice casserole

broccoli

Thursday, August 4

leftovers

Friday, August 5

homemade pot stickers - NEW!

rice

peas

Saturday, August 6

spaghetti and meatballs

- freeze leftover spaghetti sauce in 2 containers for dinner later in the month

- if you have the time, make the pizza pasta bake for later in the month and freeze it for a quick dinner

grocery list

Produce	Grocery	Dairy	Meat & Poultry
romaine lettuce	1 box pasta	shredded cheddar	2 lbs chicken breast
cabbage	1 pkg flour tortillas	cream	1, 16 oz bacon
green onions	1, 15 oz cream of chicken soup	velveeta	1 lb pork
garlic	1, 32 oz chicken stock	parmesan cheese	1 lb ground beef
ginger	1 box spaghetti	butter	
salad mix	pot sticker wrappers	eggs	
onions	caesar salad dressing		Bulk & Frozen
	3, 28 oz crushed tomatoes		peas
	2, 28 oz tomato sauce		broccoli
	1, 28 oz tomato puree		rice
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Two

july 7 - 13. 2016

Sunday, August 7

crocpot bbq chicken
mashed sweet potatoes
corn

Monday, August 8

sesame noodles with chicken and broccoli

Tuesday, August 9

bbq chicken quesadillas
- with leftover bbq chicken
creamed corn

Wednesday, August 10

leftovers

Thursday, August 11

sloppy joes
french fries
peas

Friday, August 12

english muffin pizza
- pepperoni and cheese included in grocery list

Saturday, August 13

chicken and veggie skewers
rice
- substitute bbq chicken skewers if you prefer

grocery list

Produce	Grocery	Dairy	Meat & Poultry
sweet potatoes	flour tortillas	shredded cheddar	4 lbs chicken
lime	1 box spaghetti	cream cheese	1 lb ground beef
ginger	bbq sauce	shredded mozzarella	pepperoni
garlic	1, 15 oz tomato soup	cream/milk	
green onions	hamburger buns		
potatoes	english muffins		
green pepper			Bulk & Frozen
red pepper			corn
zucchini			broccoli
onion			peas
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Three

august 14 - 20, 2016

Sunday, August 14

baked mac and cheese
broccoli

Monday, August 15

leftovers

Tuesday, August 16

diy nacho bar

- cheese, tomatoes, sour cream, lettuce and jalapeños included in grocery list

Wednesday, August 17

chicken cutlets
mashed potatoes
mixed veggies

Thursday, August 18

breakfast for dinner

- eggs and bacon included in grocery list

Friday, August 19

meatloaf

- hidden veggies not included in grocery list

sweet potato fries

corn

Saturday, August 20

pasta

- use leftover frozen spaghetti sauce

salad

grocery list

Produce	Grocery	Dairy	Meat & Poultry
tomatoes	elbow macaroni	velveeta	1 lb ground beef
lettuce	tortilla chips	american cheese, deli	bacon
jalapeños	panko bread crumbs	shredded cheddar	1 lb chicken breast
potatoes	1 box pasta	sour cream	
sweet potatoes		cream/milk	
salad mix		butter	
onion		parmesan cheese	Bulk & Frozen
garlic			broccoli
			corn
			mixed veggies
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Four

august 21 - 27 2016

Sunday, August 21

beer can chicken
 - substitute herb and garlic roasted chicken if you prefer
 foil pack potatoes
 peas and carrots

Monday, August 22

beef stroganoff
 mixed veggies

Tuesday, August 23

tacos
 - taco shells, cheese, lettuce and tomato are included in grocery list - hidden veggies are not included in grocery list
 - make crockpot refried beans to accompany dinner if you wish, and freeze leftovers for dinner next week
 mexican street corn

Wednesday, August 24

chicken noodle casserole

Thursday, August 25

leftovers

Friday, August 26

pizza pasta bake and green beans
 - use leftover frozen spaghetti sauce
 - make this ahead of time when you make the spaghetti sauce for an easy dinner

Saturday, August 27

homemade chicken nuggets
 - hidden veggies NOT included in grocery list
 french fries and broccoli

grocery list

Produce	Grocery	Dairy	Meat & Poultry
potatoes	egg noodles	cream cheese	1 whole chicken
garlic	taco shells	sour cream	1 lb ground beef
onion	pinto beans, optional	shredded cheddar	pepperoni
tomato	1 box pasta	shredded mozzarella	1 lb chicken breast
jalapeno	panko bread crumbs	ricotta cheese	
	1, 15 oz diced tomatoes	queso fresco	
		parmesan cheese	Bulk & Frozen
			2 peas and carrots
			mixed veggies
			corn
			green beans
			broccoli
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Five

august 28 - 31 2016

Sunday, August 28

cheeseburgers
twice baked potatoes
corn on the cob

Monday, August 29

homemade ramen - NEW!
- we're only using the noodles, so ditch the flavor package

Tuesday, August 30

bean tostadas
- if you want, make refried beans on taco night and use the leftovers for an even easier dinner
chips and salsa

Wednesday, August 31

leftovers

grocery list

Produce	Grocery	Dairy	Meat & Poultry
potatoes	hamburger buns	american cheese	1 lb ground beef
green onions	ramen noodles	shredded cheddar	
corn on the cob	tostada shells	cream/milk	
ginger	1, 15 oz diced tomatoes	butter	
garlic			
lime			
jalapeños			Bulk & Frozen
tomatoes			1 lb pinto beans
lettuce			peas
cilantro			
onion			
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		