

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Happy Canada Day!</i> Beer Can Chicken Baked Potatoes Zucchini	2 Pasta Primavera	3 Chicken Enchiladas Refried Beans Rice	4 <i>Happy 4th of July!</i> Brats/Hot Dogs BBQ Baked Beans Grilled Corn on the Cob	5 Leftovers 	6 Fried Chicken Sweet Potatoes	7 Cajun Grilled Shrimp & Sausage Skewers Grilled Corn & Potatoes
8 Slow Cooker Spaghetti Sauce Salad	9 Caprese Sandwich Chips Veggies & Dip	10 Taco Salad	11 Leftovers 	12 Breakfast for Dinner	13 Carne Asada Tacos Chips & Salsa	14 Grilled Teriyaki Chicken Skewers Rice Broccoli
15 London Broil Baked Potatoes Grilled Asparagus	16 Tortellini with Pesto Salad	17 Leftovers 	18 Chicken Caesar Wraps Chips Veggies & Dip	19 Chicken Stir Fry Rice	20 Fish & Chips	21 English Muffin Pizzas Veggies & Dip
22 Baked Macaroni & Cheese Broccoli	23 Egg Fried Rice	24 Grilled Cilantro Lime Chicken Rice & Beans Grilled Corn on the Cob	25 Pasta with Meat Sauce Salad	26 Leftovers 	27 Grilled Buffalo Chicken Sandwich Oven Baked French Fries	28 BBQ Bacon Cheeseburgers Grilled Corn on the Cob
29 Grilled Chicken Wings Chips Veggies & Dip	30 Leftovers 	31 Asian Chicken Lettuce Wraps				

Groceries

Produce	Grocery	Dairy & Deli	Meat & Poultry
7 lbs russet potatoes	1 box farfalle pasta	1 large block parmesan cheese	2, 4-5 lb whole chickens
3 zucchini	2, 10 ct pkg flour tortillas	1, 16 oz sour cream	1 1/2 lbs shrimp
5 heads garlic	3, 28 oz tomato sauce	1, 32 oz block cheddar	2 andouille sausages
8 broccoli crowns	1, 24 oz refried beans	1, 18 ct eggs	4 brats
1 shallot	2, 32 oz chicken stock	queso fresco	4 lbs ground beef
1, 8 oz pkg spinach	3, 8 ct hamburger buns	1, 16 oz shredded mozzarella	3, 12 oz pkg bacon
2 large lemons	1, 24 oz baked beans	1 qt half and half	1, 3 lb flank steak
1 pt cherry tomatoes	1, 15 oz pinto beans	1, 8 oz velveeta	6 lbs chicken breast
4 large sweet potatoes	2 boxes pasta of choice	1, 8 oz cream cheese	1, 3 lb london broil
24 ears of corn	1 loaf good bread	1/4 lb white american cheese	3 lbs chicken wings
5 large white onions	2, 15 oz black beans	1/4 lb mozzarella cheese	pepperoni, optional
1 green bell pepper	2, 8 oz tomato sauce	1, 8 oz prepared pesto	
2 lbs red potatoes	2, 28 oz crushed tomatoes		
2 bunches parsley	1, 28 oz tomato puree		
1 lb green beans	1 pkg corn tortillas		
3 large tomatoes	1 bag tortilla chips		
4 heads romaine lettuce	1, 24 oz sweet chili sauce	Pantry	Bulk & Frozen
2 large avocados	1 pkg english muffins	fats; butter, olive oil, sesame oil	1, 24 oz tortellini
2 bunches cilantro	1 bag potato chips	milk	2 lbs tilapia filets
1 bunch asparagus	1 box elbow macaroni	bread	1, 12 oz edamame
1, 8 oz pkg snap peas	1 bag goldfish crackers	chipotle in adobo	1, 10 oz peas and carrots
1, 6 oz pkg bean sprouts	1, 4 oz tomato paste	baking essentials; flour, yeast, sugar, brown sugar, bread crumbs, panko bread crumbs, baking soda, baking powder	1, 32 oz peas
2 lbs baby carrots	1, 24 oz franks hot sauce		
1 bunch celery	BBQ Sauce		
1 jalapeño		herbs & spices; rosemary, garlic, thyme, sage, paprika, cumin, chili powder, parsley, garlic powder, onion powder, salt & pepper, white pepper, ginger	
1 bag slaw mix			
1, 6 oz pkg mushrooms			Misc.
2 bags salad		saucers; Worcestershire sauce, fish sauce, hot sauce, ketchup, ranch, bbq sauce, soy sauce	frying oil
			salad dressing of choice
		vinegars; apple cider vinegar, white vinegar, rice vinegar	skewers