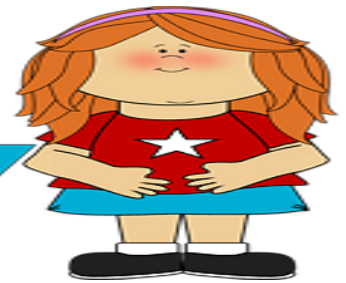


JULY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chicken Caesar Wraps	2 BBQ Chicken Wings Sweet Potatoes Corn
3 Cheeseburgers Twice Baked Potatoes Mixed Veggies	4 4th of July BBQ Ribs Grilled Corn on The Cob	5 Ground Beef Tacos Corn 	6 Leftovers 	7 Chicken Teriyaki Meatballs Broccoli	8 Grilled Pizza 	9 Spaghetti & Meatballs 
10 Italian Grilled Chicken Salad	11 Macaroni & Cheese Peas	12 Leftovers 	13 Chorizo Tacos Corn 	14 Breakfast For Dinner	15 Baked Ziti Salad	16 Meatloaf French Fries Peas
17 Beer Butt Chicken Sweet Potatoes Grilled Zucchini	18 Sesame Noodles Broccoli	19 Chicken Pot Pie Pasta	20 Leftovers 	21 Pierogies with Bacon & Caramelized Onions	22 CrockPot Beef & Broccoli Rice	23 BBQ Chicken Skewers Grilled Corn On The Cob
24 Pasta Salad	25 Egg Fried Rice 	26 Sweet Chili Lime Grilled Chicken Baked Potatoes	27 Leftovers 	28 Chicken Cutlets Sweet Potatoes Broccoli	29 Fish & Chips	30 Cheeseburger Macaroni Mixed Veggies
31 Pasta with Bacon & Peas						

july 2016 grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 large head romaine lettuce	1 pkg burrito size flour tortillas	parmesan cheese	7 lbs chicken breast
8 lbs sweet potatoes	caesar salad dressing	1 qt half and half	5 lbs ground beef
8 lbs potatoes	2 bottles bbq sauce	1, 32 oz shredded cheddar	1 pkg chicken wing pieces
3 bunches green onions	hamburger buns	1, 32 oz shredded mozzarella	3, 12 oz pkg bacon
1 bunch parsley	taco shells	1, 16 oz velveeta	2, 6 lb racks of pork spare ribs
8 ears of corn	teriyaki sauce	queso fresco	1, 3 lb chuck roast
3 roma tomatoes	yeast	18 ct eggs	pepperoni, optional
3 bags salad mix	4, 28 oz tomato sauce	1, 15 oz ricotta cheese	1, 4 lb whole chicken
1 bunch cilantro	2, 28 oz crushed tomatoes	1, 8 oz cream cheese	
3 zucchini	2, 28 oz tomato puree	sour cream, optional	
3 heads garlic	2 boxes spaghetti		Deli
3 lbs onions	Italian salad dressing		1/4 lb American cheese
2 large head broccoli	frying oil		
3 jalapenos	tahini, optional		
3 limes	2, 32 oz chicken stock		
1 bunch basil	1, 15 oz cream of chicken		
1 knuckle ginger, optional	1, 16 oz egg noodles		
	5 boxes pasta (penne, elbow, mini shells, etc.)		Bulk & Frozen
	Asian salad dressing		1, 32 oz corn
	1, 32 oz beef stock		1, 32 oz mixed veggies
	sweet chili sauce		1, 32 oz peas
	1 pkg corn tortillas		2, 10 oz peas and carrots
	chop sticks - for skewering		1, 32 oz broccoli
			1, 20 ct pierogies
			1 lb rice
			1 bag frozen cod (8 filets)
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week One

july 1 - 9. 2016

Friday, July 1

Chicken Caesar Wraps
- save a little lettuce for tacos on Tuesday!

Saturday, July 2

BBQ Chicken Wings
Sweet Potatoes
Corn

Sunday, July 3

Cheeseburgers
Twice Baked Potatoes - NEW!
Mixed Veggies

Monday, July 4

BBQ Ribs - NEW
Grilled Corn On The Cob

Tuesday, July 5

Ground Beef Tacos
Corn

Wednesday, July 6

Leftovers

Thursday, July 7

Chicken Teriyaki Meatballs
Broccoli

Friday, July 8

Grilled Pizza - NEW!

Saturday, July 9

Spaghetti and Meatballs

grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 head romaine lettuce	flour tortillas	parmesan cheese	chicken wings
4 sweet potatoes	BBQ sauce	1, 16 oz shredded cheddar	3 lbs ground beef
3 lbs (6) russet potatoes	taco shells	1, 16 oz shredded mozzarella	2 racks pork spare ribs
1 bunch green onions	yeast	American cheese - deli	2 lbs chicken breast
corn on the cob	teriyaki sauce	cream/milk	1, 12oz bacon, optional
1 onion	spaghetti		
garlic	hamburger buns		Bulk & Frozen
basil			broccoli
roma tomatoes, optional			corn
parsley			mixed veggies
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

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Week Two

july 10 - 16. 2016

Sunday, July 10

Italian Grilled Chicken - NEW!

Salad

Monday, July 11

Macaroni and Cheese

Peas

Tuesday, July 12

Leftovers

Wednesday, July 13

Chorizo Tacos

Corn

Thursday, July 14

Breakfast for Dinner

- eggs and bacon included in grocery list

Friday, July 15

Baked Ziti

Salad

- use leftover frozen spaghetti sauce from earlier in the month

Saturday, July 16

BBQ Meatloaf

Oven Baked French Fries

Peas

grocery list

Produce	Grocery	Dairy	Meat & Poultry
2 bags salad mix	elbow macaroni	Veveeta	1 lb chicken breast
cilantro	corn tortillas	cream	1 lb ground beef
garlic	1, 16 oz penne	queso fresco	1 lb chorizo
1 onion	bbq sauce	shredded mozzarella	1, 12 oz bacon
cabbage, optional	Italian salad dressing	1, 15 oz ricotta cheese	
2 lbs (3) russet potatoes		eggs	
			Bulk & Frozen
			peas
			corn
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Three

july 17 - 23. 2016

Sunday, July 17

Beer Can Chicken

Sweet Potatoes

Grilled Zucchini

- roast your chicken in the oven if you prefer

Monday, July 18

Sesame Noodles

Broccoli

Tuesday, July 19

Chicken Pot Pie Pasta

- use leftover chicken from Sunday to make this recipe

Wednesday, July 20

Leftovers

Thursday, July 21

Pierogies with Bacon and Caramelized Onions

Friday, July 22

CrockPot Beef and Broccoli

Rice

- make extra rice with dinner and save for Egg Fried Rice on Monday

Saturday, July 23

BBQ Chicken Skewers

Grilled Corn on The Cob

- use chopsticks for skewers

grocery list

Produce	Grocery	Dairy	Meat & Poultry
4 sweet potatoes	spaghetti or udon noodles	sour cream, optional	whole chicken
2 zucchini	egg noodles	cream cheese	2 lbs chicken breast
2 heads broccoli	soy sauce	milk/cream	1, 12 oz bacon
3 onions	Asian salad dressing		
1 bunch green onions	cream of chicken soup		
corn on the cob	chicken stock		
garlic	beef stock		Bulk & Frozen
knuckle ginger, optional	bbq sauce		rice
			peas and carrots
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Four

july 24 - 31. 2016

Sunday, July 24

Pasta
Salad
- use leftover frozen Spaghetti Sauce

Monday, July 25

Egg Fried Rice
- use leftover Rice from July 22

Tuesday, July 26

Sweet Chili Lime Grilled Chicken
Baked Potatoes

Wednesday, July 27

Leftovers

Thursday, July 28

Chicken Cutlets
Sweet Potatoes
Broccoli

Friday, July 29

Fish and Chips

Saturday, July 30

Cheeseburger Macaroni
Mixed Veggies

Sunday, July 31

Pasta with Bacon and Peas

grocery list

Produce	Grocery	Dairy	Meat & Poultry
salad mix	2 boxes pasta of choice	parmesan cheese	8 cod filets
2 onions	elbow macaroni	velveeta	2 lbs chicken breast
garlic	panko bread crumbs	cream	1 lb ground beef
lime	frying oil		1, 12 oz bacon
4 russet potatoes	sweet chili sauce		
4 sweet potatoes	soy sauce		
1 bunch green onions	malt vinegar, optional		Bulk & Frozen
			peas and carrots
			broccoli
			mixed veggies
			peas
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		