



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sesame Chicken with Rice Snow Peas	2 Winter Salad	3 Slow Cooker Baked Potato Soup	4 Spaghetti & Meatballs Caesar Salad	5 Leftovers 	6 Mini BBQ Meatloaf French Fries Broccoli
7 Creamy Swiss Chicken & Rice Casserole	8 Tomato Soup Grilled Cheese	9 Chipotle Roasted Chicken Cilantro Lime Rice	10 Leftovers 	11 Breakfast for Dinner	12 Spinach & Feta Stuffed Chicken Spaghetti w/ Garlic & Oil	13 Chicken Cutlets Parmesan Polenta Green Beans
14 Slow Cooker Pot Roast	15 Pasta Salad Garlic Bread	16 Sheet Tray Chicken Fajitas	17 Leftovers 	18 BLAT Wraps Carrots & Ranch	19 Sloppy Joes French Fries Mixed Veggies	20 Chicken Nuggets Sweet Potato Fries
21 Cabbage Rolls	22 Denver Omelet Frittata	23 Turkey Tacos	24 Leftovers 	25 Slow Cooker Broccoli Cheddar Soup	26 Chicken Parmesan Spaghetti Salad	27 Sheet Tray Teriyaki Salmon Rice Broccoli
28 Roasted Chicken Sweet Potatoes Brussels Sprouts	29 White Cheddar Mac & Cheese w/ Bacon Green Beans	30 Chicken Enchiladas Mexican Street Corn	31 Leftovers 			

Groceries

Produce	Grocery	Dairy & Deli	Meat & Poultry
5 heads garlic	2, 28 oz crushed tomatoes	2, 18 ct eggs	1 lb chicken thighs
8 broccoli crowns	2, 28 oz tomato sauce	parmesan cheese	4, 16 oz bacon
1 lb mixed greens	1, 28 oz tomato puree	1/2 gallon half and half	5 lbs ground beef
2 pears	caesar salad dressing	2, 16 oz sour cream	10 chicken breasts
1 pomegranate	3 boxes spaghetti	butter	1 lb breakfast sausage
2 lemons	2, 16 oz BBQ sauce	3, 32 oz shredded cheddar	1, 304 lb chuck roast
15 onions	8, 32 oz chicken stock	3, 8 oz cream cheese	1, 8 oz ham steak
basil	1, 10 oz cream of mushroom	feta	1 lb ground turkey
3 bunches parsley	1 family size tomato soup	1, 16 oz shredded mozzarella	4, 6 oz salmon filets
4 bunches green onions	bread	queso fresco	1, 4-5 lb chicken
3 heads romaine	1 box cellentani pasta	1, 16 oz sharp white cheddar	
3 zucchini	3, 15 oz tomato sauce		
2, 32 oz baby carrots	1, 32 oz beef broth	1/4 lb swiss cheese	
5 lbs russet potatoes	french bread	1/2 lb american cheese	
4 limes	2 pkg, fajita size flour tortillas	1/2 lb turkey breast	
2 bunches cilantro	1 pkg burrito size flour tortillas		
1 bunch spinach	1 pkg hamburger buns	Pantry	Bulk & Frozen
8 red potatoes	1, 10.5 oz tomato soup	fats; butter, olive oil, sesame oil	2 lbs white rice
8 oz pkg mushrooms	1, 15 oz pinto beans	milk	small scoop almonds
2 bags salad mix	1, 15 oz petite died tomatoes	bread	2, 32 oz green beans
6 sweet potatoes	taco shells	chipotle in adobo	2, 32 oz corn
4 roma tomatoes	1, 10.5 oz cream of chicken	baking essentials; flour, yeast, sugar, brown sugar, bread crumbs, panko bread crumbs, baking soda, baking powder	1 lb cornmeal
1 large avocado	1, 8 oz velveeta		1/2 lb brown rice
1 head savoy cabbage	1, 8 oz tomato sauce		1, 16 oz broccoli
poultry herb blend	1 box pasta of choice	herbs & spices; rosemary, garlic, thyme, sage, paprika, cumin, chili powder, parsley, garlic powder, onion powder, salt & pepper, white pepper, ginger	1, 16 oz mixed veggies
1 lb brussels sprouts			Misc.
2 jalapeños			fry oil
		sauces; Worcestershire sauce, fish sauce, hot sauce, ketchup, ranch	wine
			kitchen twine
		vinegars; apple cider vinegar, white vinegar, rice vinegar	gingerale
			toothpicks