

# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 20-Minute Ground Beef Tacos 	<b>2</b> 20-Minute Pasta with Bacon & Peas	<b>3</b> <b>Leftovers</b> 	<b>4</b> English Muffin Pizzas	<b>5</b> Cheesy Chicken & Rice Casserole Broccoli
<b>6</b> <b>National Nacho Day!</b> DIY Nacho Bar CrockPot Refried Beans	<b>7</b> 20-Minute Ultimate Mac & Cheese Peas	<b>8</b> 15-Minute Bean Tostadas Mexican Street Corn	<b>9</b> <b>Leftovers</b> 	<b>10</b> CrockPot Teriyaki Chicken Meatballs & Rice Broccoli	<b>11</b> BBQ Meatloaf Mashed Potatoes Corn	<b>12</b> Egg Fried Rice
<b>13</b> CrockPot Pot Roast	<b>14</b> Cheesy Polenta with Roasted Fall Veggies	<b>15</b> Chorizo Tacos Chips & Salsa	<b>16</b> <b>Leftovers</b> 	<b>17</b> Spaghetti with Garlic & Oil Salad	<b>18</b> Beef Stroganoff Peas & Carrots	<b>19</b> Chicken Cutlets Mashed Sweet Potatoes Corn
<b>20</b> CrockPot Spaghetti & Meatballs 	<b>21</b> Butternut Squash Soup Grilled Cheese	<b>22</b> Breakfast For Dinner! Breakfast Burritos	<b>23</b> <b>Leftovers</b> 	<b>24</b> <b>Happy Thanksgiving!</b> Roasted Turkey Mashed Potatoes Green Bean Casserole Glazed Carrots Gravy Cranberries Stuffing	<b>25</b> Leftover Thanksgiving! 	<b>26</b> Turkey Noodle Soup
<b>27</b> Pepperoni Pizza Pasta Bake Salad	<b>28</b> Sloppy Joes Sweet Potato Fries Creamed Corn	<b>29</b> Black Bean & Corn Quesadillas	<b>30</b> <b>Leftovers</b> 			

# november 2016 grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 head lettuce	taco shells	2, 32 oz shredded cheddar	5 lbs ground beef
1 lb roma tomatoes	3, 15 oz petite diced tomatoes	parmesan cheese wedge	1, 16 oz bacon
3 heads garlic	2 boxes pasta of choice	1, 32 oz shredded mozzarella	1, 12 oz bacon
3 lb yellow onions	english muffins	1, 8 oz sour cream	1 bag pepperoni
1 large red onion	3, 28 oz tomato sauce	1 qt cream	4 lbs chicken breast
8 jalapenos	1, 15 oz cream of chicken soup	1 pt cream	1, 4-5 lb chuck roast
1 knuckle ginger	4, 32 oz chicken stock	2, 8 oz cream cheese	1 lb chorizo
2 bunches green onions	2 bags tortilla chips	18 ct eggs	
5 lbs potatoes	teriyaki sauce	queso fresco	
3 lbs carrots	bbq sauce	1, 15 oz ricotta	
small head cauliflower	1 pkg corn tortillas	1, 26 oz velveeta	<b>Deli</b>
1 lb brussels sprouts	2 boxes spaghetti		1/4 lb white american cheese
1 large butternut squash	1 bag egg noodles		
2 bunches cilantro	1, 15 oz cream of mushroom		
4 limes	2, 28 oz tomato puree		
2 bags salad	2, pkg flour tortillas		
4 lbs sweet potatoes	1, 15 oz black beans		
basil	1, 32 oz beef stock		<b>Bulk &amp; Frozen</b>
1 zucchini	1 pkg hamburger buns		2, 32 oz peas
1 bunch parsley	2 small cans green chilis		3 lbs rice
1 apple			1, 32 oz broccoli
			1 lb pinto beans
			2, 32 oz corn
			2, 10 oz peas and carrots
			1 lb corn meal
<b>Freebies</b>	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

