

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 vegetable soup with black eyed peas and bacon	2 easy 15-minute sloppy joes peas & carrots	3 roast chicken rice pilaf <i>*make extra rice</i>
4 spaghetti & meatballs <i>*make a double batch of sauce</i>	5 baked ziti green beans <i>using leftover sauce</i>	6 leftover chicken tacos corn	7 leftovers	8 egg fried rice	9 homemade pizza	10 pasta with bacon and peas
11 meatloaf mashed potatoes corn <i>*make extra potatoes</i>	12 pierogies wilted spinach	13 leftovers	14 crockpot bbq chicken sliders baby carrots	15 pasta toss salad <i>using leftover sauce</i>	16 shepherd's pie <i>using leftover mashed potatoes</i>	17 spinach and feta frittata
18 italian roasted chicken pasta with butter and cheese green beans	19 tomato soup and grilled cheese	20 tacos mexican rice corn	21 leftovers	22 breakfast for dinner fresh tomatoes	23 korean beef and rice <i>*make extra rice</i>	24 chicken kabobs with peanut sauce
25 spaghetti pie toss salad <i>using leftover sauce</i>	26 bean and rice burritos corn	27 loaded nachos	28 jalapeño popper chicken and rice casserole	29 leftovers	30 crockpot chicken parmesan sliders green beans <i>using leftover sauce</i>	31 beef and barley soup

Grocery List

Produce		Grocery	
6 onions	6 roma tomatoes	1 15oz black eyed peas	1 15oz cream of chicken soup
3 heads garlic	1 bunch cilantro	1 family size tomato soup	3 28oz crushed tomatoes
2 lbs carrots	6 jalapeños	1 15oz tomato soup	4 32oz tomato sauce
2 celery		2 spaghetti	flour tortillas
3 zucchini		1 ziti-style pasta	1 32oz diced tomatoes
3 sweet potatoes		1 mini-farfalle pasta	2 32oz tomato puree
2 green peppers		2 penne pasta	taco shells
5 lbs potatoes		coconut milk	
2 bunches spinach		tortilla chips	
1 bag baby carrots		2 bbq sauce	
1 basil		2 hamburger buns	
2 bags mixed salad		1 loaf bread	
Meat & Seafood		Dairy & Deli	
2 lbs bacon	6 lbs ground beef	2 lbs butter	4 dozen eggs
1 whole chicken	2 pkgs chicken breast	1 15oz ricotta cheese	16 oz parmesan cheese
1 pkg chicken quarters	small chuck roast	1 32oz ricotta cheese	32 oz shredded mozzarella
1 pkg bone in chicken breast		1 american cheese slices	
Bulk	Frozen	8oz shredded cheddar	
3 lbs rice	3 16oz peas & carrots	1/2 gallon milk	
1 lb pinto beans	2 32oz green beans	8oz feta cheese	
1 scoop barley	3 32oz corn	Cleaning Products	Misc.
	2 32oz peas		
	pierogies		