



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Egg Fried Rice	2 Chicken Tacos Corn	3 20-Minute Sloppy Joe's Sweet Potato Fries	4 Leftovers 	5 Creamy Chicken & Broccoli Pasta	6 Homemade Chicken Nuggets Peas
7 Crockpot Spaghetti Sauce & Meatballs Green Beans	8 Black Bean & Corn Quesadillas	9 Mini Spaghetti Pie Salad	10 Leftovers 	11 Breakfast For Dinner!	12 Pizza Quesadillas Baby Carrots	13 Roasted Chicken & Potatoes Broccoli
14 Chicken Parmesan Casserole Salad	15 Ultimate 30-Minute Macaroni & Cheese Peas	16 15-Minute Chicken Quesadillas Corn	17 Leftovers 	18 BBQ Meatloaf Mixed Veggies	19 Pasta with Bacon & Peas	20 BBQ Chicken Sandwich Salad
21 Father's Day Homemade Burgers & Roasted Corn	22 Leftovers 	23 Chorizo Tacos Salad	24 Pepperoni Pizza Lasagna Green Beans	25 Grilled Cheese & Tomato Soup	26 Chicken Enchilada Casserole Corn	27 Homemade Beaners & Wieners Salad
28 Jalapeño Popper Chicken & Rice Casserole	29 Baked Ziti Broccoli	30 Leftovers 				

grocery list

Produce	Grocery	Dairy
3 heads garlic	1, 20 ct yellow corn tortillas	2, 18 ct eggs
6 yellow onions	3, hamburger buns	queso fresco
3 bunches cilantro	4 bbq sauce	1, 8 oz cream cheese
1 lb sweet potatoes	2, 10 oz tomato soup	1, 32 oz shredded cheddar
1 zucchini	6 boxes pasta	1, 32 oz shredded mozzarella
3 roma tomatoes	1, 10 oz cream of chicken soup	1 pt half and half
3 jalapenos	2, 28 oz crushed tomatoes	1, 8oz velveeta
2 bags baby carrots	2, 28oz tomato puree	1, 32oz whole milk ricotta
1 lb potatoes	6, 28 oz tomato sauce	1, 12ct American cheese
4 bags salad	2, 20 ct flour tortillas	
2 bell peppers	1 box no-boil lasagna noodles	
4 ears corn	1 loaf bread	Frozen
2 oranges	1 can chipotles in adobo	1, 10 oz peas and carrots
		1, 32 oz corn
Bulk		1, 32 oz broccoli
1 lb brown rice		1, 32 oz peas
1 lb black beans		1, 32 oz green beans
1 lb white beans		Meat
		8 lbs chicken breast
		4 lbs ground beef
		1 lb chorizo
		pepperoni
		1 whole chicken
		2 lbs bacon

Freebies: flour, cornmeal, salt, pepper, dried herbs and spices, salad dressing, olive oil, baking soda, baking powder, brown sugar, bread crumbs, soy sauce and condiments.