

# AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>\$152.49</b></p>						<b>1</b> chicken caesar salad
<b>2</b> roasted chicken  mashed potatoes corn & peas	<b>3</b> grilled cheese  abc soup	<b>4</b> chicken quesadillas  corn <i>*use leftover chicken from Sunday</i>	<b>5</b> <b>Leftovers</b>  	<b>6</b> beef stroganoff  peas	<b>7</b> spinach & feta turkey burgers  roasted sweet potatoes	<b>8</b> tortilla chip crusted chicken fingers  baby carrots
<b>9</b> crockpot spaghetti sauce & meatballs  salad	<b>10</b> mini spaghetti pies  green beans  <i>*use leftover spaghetti from Sunday</i>	<b>11</b> DIY nacho bar	<b>12</b> pizza grilled cheese  baby carrots	<b>13</b> <b>Leftovers</b>  	<b>14</b> meatball subs  salad  <i>*use leftover meatballs from Sunday</i>	<b>15</b> chicken enchiladas  corn
<b>16</b> white mac & cheese with broccoli	<b>17</b> turkey sloppy joes  baby carrots	<b>18</b> taco lasagna  corn	<b>19</b> <b>Leftovers</b>  	<b>20</b> breakfast for dinner	<b>21</b> homemade cheeseburgers  french fries  corn	<b>22</b> homemade chicken nuggets  baby carrots
<b>23</b> chicken stuffing casserole  green beans	<b>24</b> egg fried rice	<b>25</b> turkey tacos  corn	<b>26</b> <b>Leftovers</b>  	<b>27</b> bbq meatloaf  mixed veggies	<b>28</b> homemade pizza  salad	<b>29</b> pasta with bacon & peas
<b>30</b> grilled chicken & veggie skewers  rice	<b>31</b> <b>Leftovers</b>  					

# grocery list

Produce	Grocery	Dairy
2 heads romaine lettuce	1 loaf whole wheat bread	parmesan cheese
5 lbs potatoes	3, 28oz crushed tomatoes	1 gallon milk
6, 1lb baby carrots	1, 32oz chicken stock	2, 24 ct sliced american cheese
3 lbs onions	2, 10 ct flour tortillas	2, 32oz shredded cheddar
1 celery	1 egg noodles	2, 8oz cream cheese
1 bunch spinach	3 pkg hamburger buns	1, 8oz sour cream
2 sweet potatoes (large)	1 pkg hot dog buns	1 feta cheese
3, 2lb bags salad mix	2 bags tortilla chips	2 dozen eggs
1 lb jalapeños	5, 28oz tomato sauce	1, 8oz ricotta cheese
2 lbs roma tomatoes	1, 28oz tomato puree	2, 32 oz mozzarella cheese
2 heads garlic	1, 2lb spaghetti	
2 lbs zucchini	1, 10oz tomato soup	<b>Frozen</b>
1 red bell pepper	1 bbq sauce	3, 32oz corn
1 yellow bell pepper	1 box oven ready lasagna noodles	2, 32oz peas
<b>Bulk</b>	1 box stove top stuffing mix	1, 32oz green beans
brown rice	1 crunchy taco shells	1, 16oz broccoli
flax meal (optional)	1 pkg yeast	
	1, 16oz farfalle	<b>Meat</b>
		8 lbs chicken breast
		1 whole chicken
		4 lbs ground beef
		3 lbs ground turkey
		2, 12oz bacon
		1 pkg pepperoni

**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.**