



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 turkey tacos corn	2 korean beef & rice broccoli	3 egg fried rice *use leftover rice from yesterday	4 leftovers 	5 homemade cheese pizza  salad
6 crockpot spaghetti sauce & meatballs green beans	7 Labor Day london broil baked potatoes	8 leftovers 	9 homemade tomato soup & grilled cheese croutons	10 mini corn dog bites sweet potato fries	11 diy nacho bar 	12 ultimate 30-minute macaroni & cheese peas
13 herb roasted chicken mashed potatoes broccoli	14 baked ziti green beans *use leftover spaghetti sauce	15 chicken enchiladas corn *use leftover chicken from Sunday	16 leftovers 	17 pasta with bacon & peas	18 homemade cheeseburger oven baked fries	19 chorizo tacos salsa & chips
20 bbq meatloaf mashed sweet potatoes corn	21 leftovers 	22 black bean & corn quesadillas salsa & chips	23 breakfast for dinner! 	24 chicken satay rice broccoli	25 pizza lasagna salad *use leftover spaghetti sauce	26 turkey & bacon sloppy joes peas
27 beefy bean & rice burritos *use leftover rice from Thursday	28 butternut squash soup grilled cheese	29 chicken caesar salad wrap	30 leftovers 	\$185.84		

grocery list

Produce	Grocery	Dairy
3 lbs yellow onions	6, 28 oz tomato sauce	4, 16 oz shredded cheddar
3 heads garlic	1 pkg taco shells	1, 18 ct eggs
3 zucchini	2, 10 oz petite diced tomatoes	3, 16 oz shredded mozzarella
3 bags salad mix	1, 3pk yeast	1 block parmesan
1 tube basil	3, 28 oz crushed tomatoes	2 lbs butter
5 lbs potatoes	1, 28oz tomato puree	1 pkg sliced american cheese
3 red onions	1 loaf bread	1, 16oz velveeta
2 lbs roma tomatoes	3, 32oz chicken stock (or DIY)	1, 8oz cream cheese
2 heads lettuce	3 bags tortilla chips	1 qt half and half
3 lbs sweet potatoes	1, 16 oz box penne pasta	1, 32 oz ricotta cheese
3 bunch cilantro	1, 16 oz box elbow macaroni	1, 8oz sour cream, optional
3 jalapenos	1, 16 oz box mini farfalle pasta	Frozen
1 butternut squash	1 box, no-boil lasagna	1, 5 lb corn
2 lbs carrots	1, 20 ct corn tortillas	1 5 lb peas
Meat	2, 10 oz diced tomatoes	1, 10 oz peas & carrots
2 lbs ground turkey	2, 16 oz bbq sauce	1, 32 oz green beans
6 lbs ground beef	1 can black beans	2, 32 oz broccoli
1 pkg pepperoni	1 can pinto beans	1 pkg frozen italian herbs
1 london broil	2 pkg hamburger buns	
1 pkg hot dogs	1 can coconut milk	Bulk
1 whole chicken	3 pkg flour tortillas	3 lbs brown rice
2 pkg bacon	peanut butter	flax meal, optional
1 lb chorizo		
3 lbs chicken breast		

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.