

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Spaghetti & Meatballs Green Beans 	2 Chicken Caesar Wraps	3 Tostada NEW!	4 Meatball Subs Salad	5 Leftovers 	6 National Nacho Day DIY Nacho Bar 	7 Teriyaki Chicken & Rice Broccoli
8 Homemade Chicken Nuggets Oven Roasted Fries	9 Egg Fried Rice 	10 Turkey Tacos Refried Beans	11 Leftovers 	12 Herb Roasted Chicken Breast Creamy Parmesan Polenta	13 Pasta Salad	14 BBQ Meatloaf Corn
15 CrockPot BBQ Chicken Sandwiches Salad	16 Macaroni & Cheese Peas	17 BBQ Chicken Quesadillas Corn	18 Italian Turkey Meatloaf Green Beans	19 Leftovers 	20 Asian Stir Fry with Rice NEW!	21 Pepperoni Pizza Pasta Bake Salad
22 Chili	23 Butternut Squash Soup 	24 Leftovers 	25 Breakfast For Dinner 	26 Thanksgiving Thanksgiving Dinner Turkey Mashed Potatoes Green Bean Casserole Cranberries Brown Sugar Carrots Gravy Stuffing	27 Leftovers 	28 Turkey Sandwiches NEW!
29 Turkey Noodle Soup NEW!	30 English Muffin Pizzas 	\$200.10 including a full thanksgiving dinner				

grocery list - week one

November 1 - 7

Produce	Grocery	Dairy	Meat & Poultry
1 bag salad mix	1, 16 oz spaghetti	parmesan cheese	1.5 lbs ground beef
1 head romaine lettuce	2, 28 oz crushed tomatoes	2, 8 oz shredded cheddar	3 lbs chicken breast
1 head garlic	2, 28 oz tomato sauce	1, 8 oz shredded mozzarella	1, 12 oz bacon
2 jalapeños (1/4 lb)	2, 28 oz tomato puree	1, 18pk eggs	Frozen
1 red onion (1/2 lb)	1, 10 pk flour tortillas		1, 16 oz green beans
1 lb roma tomatoes	caesar salad dressing		1, 16 oz broccoli
Bulk	hot dog buns		
1 lb pinto beans	tortilla chips		
1 lb brown rice	teriyaki sauce		
Notes:	<ul style="list-style-type: none"> - Freeze any leftover Spaghetti Sauce for meals later in the month - Save parmesan cheese for recipes later in the month - Freeze leftover beans for recipes later in the month 		
This Weeks Total:	\$50.38		

grocery list - week two

November 8-14

Produce	Grocery	Dairy	Meat & Poultry
1 bag salad mix	soy sauce	1, 8 oz shredded cheddar	3 lbs chicken breast
1 lb yellow onions	diced tomatoes w/ green chile		1 lb ground turkey
1 head garlic	1, 15 oz pinto beans		1 lb ground beef
1 head romaine lettuce	12 ct taco shells		Frozen
2 roma tomatoes (1/2 lb)	1, 16 oz pasta		1, 16 oz corn
2 lbs russet potatoes	BBQ sauce		1, 10 oz peas & carrots
Bulk			
1/2 lb cornmeal			
Notes:	<ul style="list-style-type: none"> - Use up leftover eggs from last week for recipes this week - Use leftover refried beans from last week on Tuesday - Use some of the leftover spaghetti sauce for pasta on Friday 		
This Weeks Total:	\$27.32		

grocery list - week three

November 15-21

Produce	Grocery	Dairy	Meat & Poultry
2 bags salad mix	hamburger buns	1, 8oz cream cheese	3 lbs chicken breast
1 lb onion	BBQ sauce	1, 18 pk eggs	1 lb ground turkey
1 zucchini (1/4 lb)	2, 16 oz pasta	1, 8 oz shredded cheddar	1, 6 oz pepperoni
1 lb carrots	1, 16 oz velveeta	1, 8 oz whole milk ricotta	Frozen
1/2 head cabbage (1 1/5 lbs)	1, 10 pk flour tortillas	1, 8 oz shredded mozzarella	1, 16 oz frozen peas
1 head garlic			1, 16 oz frozen broccoli
Bulk			
1/2 lb brown rice			
Notes:	- Boil both pounds of pasta on Monday when making macaroni and cheese, and keep 1 lb of pasta in the fridge for Friday - Use up leftover spaghetti sauce for Pepperoni Pizza Pasta Bake		
This Weeks Total:	\$49.78		

grocery list - week four

November 22-30

Produce	Grocery	Grocery Cont'd	Meat & Poultry
1 lb yellow onions	1, 28 oz petite diced tomatoes	1, 10 pk english muffins	1 lb ground beef
1 head garlic	1, 15 oz fire roasted tomatoes	1 7 oz chipotle in adobo	1, 12 oz bacon
1 jalapeno (1/8 lb)	1, 28 oz tomato sauce		
1 butternut squash (3 lbs)	1, 15 oz pinto beans	Dairy	Frozen
2 green apples (1/4 lb)	1, 15 oz black beans	1 pint cream	1, 10 oz corn
1 lb carrots	1, 15 oz red kidney beans	1, 6 oz sliced swiss cheese	1, 10 oz peas & carrots
Bulk	1, 32 oz chicken broth	1, 8 oz shredded mozzarella	
	1 loaf bread		
	1, 12 oz egg noodles		
Notes:	- The grocery list for Thanksgiving dinner is on the next page on it's own grocery list - Use any leftover Butternut Squash Soup for Thanksgiving dinner		
This Weeks Total:	\$28.80		

grocery list - thanksgiving dinner

November 26, 2015

Produce	Grocery	Dairy	Meat & Poultry
2 lbs baby carrots	french fried onions	1 qt half & half	1, 12 oz breakfast sausage
1 celery	1 loaf Italian bread	2 lbs butter	1, 10 lb turkey
1 lb onions	2, 32 oz chicken stock		
1 head garlic	1, 8 oz orange juice		
2 bunches fresh poultry herbs			
1 orange			
1, 12 oz bag cranberries			
1, 16 oz mushrooms			
1 lb green beans			
3 lbs russet potatoes			
2 bunches parsley			
Notes:	Freebies: - brown and white sugars - flour - herbs and spices		
Thanksgiving Dinner Total:	\$43.82		