



DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Turkey Tacos 	2 BBQ Meatloaf Buttered Corn	3 Chicken Caesar Wraps	4 Leftovers 	5 Homemade Baked Bean & Hot Dogs Mixed Veggies
6 Spaghetti & Meatballs Green Beans 	7 Mini Spaghetti Pies *With leftovers from Sunday	8 Black Bean & Corn Quesadillas	9 Pierogies w/ Bacon & Onions Broccoli	10 Leftovers 	11 Sloppy Joes Buttered Corn Oven Baked Fries	12 Chicken & Rice Casserole Peas
13 Beef Stew 	14 Macaroni & Cheese Broccoli	15 Refried Bean Tostada Buttered Corn	16 Leftovers 	17 Teriyaki Chicken Meatballs Rice Peas	18 English Muffin Pizzas Salad 	19 Roasted Chicken Creamed Corn
20 Stuffed Shells *Use leftover Spaghetti Sauce	21 Chicken Fried Rice *Use leftover rice and chicken	22 Leftovers 	23 Breakfast For Dinner 	24 Christmas Eve Pasta with Sauce *Use leftover Spaghetti Sauce	25 Christmas Day Christmas Dinner Roast Beef & Gravy Roasted Potatoes Roasted Broccoli Yorkshire Pudding	26 Christmas Dinner Leftovers
27 Roast Beef Sandwich with Christmas Leftovers	28 Grilled Cheese & Tomato Soup 	29 Pasta with Bacon & Peas	30 Leftovers 	31 New Years Eve BBQ Meatballs 5 Layer Dip		

december grocery list (not including christmas dinner)

Produce	Grocery Cont'd	Dairy	Meat & Poultry
1 lb roma tomatoes	taco shells	2 lbs shredded cheddar	5 lbs ground beef
2 pkg romaine hearts	tostada shells	8 oz block parmesan cheese	1 lb ground turkey
3 lbs onions	2, 32 oz bbq sauce	32 oz whole milk ricotta	3 lbs chicken breast
3 heads garlic	24 ct flour tortillas	15 oz whole milk ricotta	3 lbs bacon
4 jalapeños	caesar dressing	2 lb shredded mozzarella	1 pkg hot dogs
2 zucchini	3, 28 oz crushed tomatoes	1 qt cream	1 whole chicken
5 lbs potatoes	4, 28 oz tomato sauce	8 oz whipped cream cheese	1/2 lb ground pork (optional)
1 bunch cilantro	3, 28 oz tomato puree	8 oz sour cream	1 lb stew beef
1 bag baby spinach	1, 10 oz tomato soup	2 lbs butter	pepperoni (optional)
1 bag salad mix	1, 8 ct hamburger buns	1, 12 ct American cheese	
basil	2, 32 oz chicken stock	18 ct eggs	
1 lb carrots	2, 32 oz beef stock	12 ct eggs	
Grocery	3, 16 oz pasta	Bulk	Frozen
loaf of Italian bread	1, 10 oz cream of chicken	1 lb white beans	pierogies
teriyaki sauce	red wine (optional)	1.5 lb pinto beans	2, 32 oz corn
english muffins	2, 28 oz petite diced tomatoes	2 lbs brown rice	32 oz peas
8 oz sliced olives	large shells	1/2 lb white rice	10 oz peas & carrots
2, 4 oz caned diced jalapeños	buns, from bakery		32 oz broccoli
1, 32 oz spaghetti			16 oz broccoli
8 oz velveeta			16 oz green beans
1 can black beans			16 oz mixed veggies
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil		

christmas dinner grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 head garlic	32 oz beef stock	parmesan cheese	roast beef
1 bunch fresh thyme	red wine	1 lb butter	bacon
1 bunch fresh rosemary			
1 bunch fresh parsley			
2 shallots			
2 heads broccoli			
3 lbs potatoes			

grocery list - week one

december 1 - 6

Produce	Grocery	Dairy	Meat & Poultry
1 pkg romaine hearts	1 pkg flour tortillas	8 oz shredded cheddar	1 lb ground turkey
1/4 lb roma tomatoes	caesar dressing	8 oz parmesan cheese	2 lbs ground beef
1 lb onions	1, 32 oz bbq sauce	1 lb butter	1 omg hot dogs
1 zucchini (optional)		eggs	1, 12 oz bacon
1 head garlic			
basil			
			Bulk & Frozen
			1 lb dry pinto beans
			green beans
			corn
			mixed veggies
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil		
Notes:	<ul style="list-style-type: none"> - Divide Leftover Spaghetti Sauce into 4 containers for future meals. Freeze all but one. - If you have the extra cash right now, buy an extra 1 lb ground beef and make and freeze them at the same time as you make the other meatballs for BBQ Meatballs at the end of the month - Use leftover butter & BBQ sauce for recipes next week 		

grocery list - week two

december 7 - 13

Produce	Grocery	Dairy	Meat & Poultry
1 jalapeno	flour tortillas	8 oz shredded cheese	1 lb stew beef
1 roma tomato	hamburger buns	sour cream, optional	1 lb ground beef
6 onions	loaf of Italian bread	15 oz ricotta cheese	1 lb chicken breast
1 head garlic	32 oz beef stock	8 oz shredded mozzarella	1, 12 oz bacon
1 zucchini (optional)	red wine (optional)		Bulk & Frozen
2 lbs potatoes	15 oz petite diced tomato		broccoli
1 lb carrots	10 oz tomato soup		32 oz corn
	white rice		peas
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil		
Notes:	<ul style="list-style-type: none"> - If you have the extra cash, make a quick batch of restaurant style blender salsa to go with your black bean & corn quesadillas. - Freeze other half of Italian bread 		

grocery list - week three

december 14 - 20

Produce	Grocery	Dairy	Meat & Poultry
1 pkg romaine hearts	elbow macaroni	1 pt cream	1 whole chicken
2 roma tomatoes	8 oz velveeta	8 oz cream cheese	1 lb chicken breast
2 onions	tostada shells	8 oz shredded cheddar	pepperoni (optional)
1 head garlic	32 oz chicken broth	16 oz shredded mozzarella	
1 zucchini (optional)	teriyaki sauce	32 oz whole milk ricotta	Bulk & Frozen
1 bag salad mix	English muffins	1 lb butter	1 lb brown rice
1 bag baby spinach	large shells		32 oz corn
			peas
			broccoli
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil		
Notes:	<ul style="list-style-type: none"> - Use leftover frozen Spaghetti Sauce for Stuffed Shells and English Muffin Pizzas - Freeze leftover refried beans 		

grocery list - week three

december 21 - 31

Produce	Grocery	Dairy	Meat & Poultry
2 onions	buns from bakery	sliced american cheese	16 oz bacon
1 head garlic	2, 16 oz pasta	parmesan cheese	1 lb ground beef
1 pkg romaine hearts	32 oz bbq sauce	8 oz shredded cheddar	
1 jalapeno	sliced olives	1 pt cream	
2 roma tomatoes	canned jalapeños	18 ct eggs	
	tomato puree		Bulk & Frozen
	32 oz chicken stock		peas
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil		
Notes:	<ul style="list-style-type: none"> - Use leftover frozen Spaghetti Sauce for pasta & Sauce - Use leftover refried beans for 5 Layer Dip - Use frozen bread for Grilled Cheese 		