





# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mac & Cheese Peas	2 20 Minute Tacos Corn	3 Chicken Caesar Wraps	4 Leftovers 	5 CrockPot Beef & Broccoli Rice	6 Spaghetti & Meatballs Salad 
7 CrockPot BBQ Pulled Pork	8 Egg Fried Rice	9 <b>Pancake Tuesday!</b> Pancakes!	10 Leftovers 	11 Tomato Soup & Grilled Cheese 	12 BBQ Meatloaf Sweet Potato Fries Corn & Peas	13 Chicken Picatta Polenta Broccoli
14 <b>Valentine's Day!</b> Heart Shaped Pizza	15 Leftovers 	16 Spaghetti with Garlic & Oil Salad	17 CrockPot Chili	18 French Onion Soup	19 Chicken Tenders Fries Corn	20 Baked Ziti Green Beans
21 Roasted Chicken Mashed Sweet Potatoes Broccoli	22 Chicken Enchilada Cups Corn	23 Asian Chicken Noodle Soup	24 Leftovers 	25 Black Bean & Corn Quesadillas	26 Pasta with Bacon & Peas	27 Chicken Parmesan Casserole Broccoli
28 Asian Chicken Lettuce Wraps	29 Leftovers 					



# Week One

february 1 - 6, 2016

## February 1

Macaroni and Cheese

Peas

## February 2

20-Minute Ground Beef Tacos

- grocery list includes; meat, cheese, tomatoes and lettuce

## February 3

Chicken Caesar Wraps

- use leftover lettuce from Tuesday

## February 4

Leftover Night

## February 5

CrockPot Beef and Broccoli

Rice

- make extra rice for next Monday

## February 6

CrockPot Spaghetti and Meatballs

- freeze leftover Spaghetti Sauce in 3 tupperware containers or ziplock bags for Baked Ziti, Pizza and Chicken Parmesan Casserole later in the month

## grocery list

Produce	Grocery	Dairy	Meat & Poultry
2 heads romaine lettuce	2 lbs pasta	half and half	2 lbs ground beef
2 roma tomatoes	velveeta	1, 16 oz shredded cheddar	1 lb chicken breast
1 head broccoli	1, 15 oz diced tomatoes	8 oz parmesan cheese	1 pkg bacon
1 bag salad	taco shells		1, 1 1/2 - 2 lb flank steak
1 bunch green onions	1, 12 ct flour tortillas		
2 large onions	caesar salad dressing		
1 head garlic	asian salad dressing		<b>Bulk &amp; Frozen</b>
3 jalapeños	3, 28 oz crushed tomatoes		1, 16 oz peas
	2, 28 oz tomato puree		1, 16 oz corn
	2, 28 oz tomato sauce		1 lb rice
	1, 32 oz beef stock		
<b>Pantry Items</b>	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil		

# Week Two

february 7 - 13. 2016

## January 7 - Super Bowl Sunday

BBQ Pulled Pork

## February 8

Egg Fried Rice

- use leftover rice from last week

## February 9 - Pancake Tuesday

Pancakes

## February 10

Leftovers

## February 11

Tomato Soup and Grilled Cheese

## February 12

Never Fail BBQ Meatloaf

Sweet Potato Fries

Corn and Peas

## February 13

Chicken Picatta - NEW!

Polenta

Broccoli

## grocery list

Produce	Grocery	Dairy	Meat & Poultry
4 onions	apple cider vinegar	1 dozen eggs	1, 4-5 lb pork butt
1 head garlic	bbq sauce	1, 12 ct American cheese	1 lb ground beef
2 carrots	Krusteaz pancake mix		1 lb chicken breast
1 lb sweet potatoes	1 loaf bread		
2 lemons	1, 28 oz tomato puree		
1 bunch parsley	2, 32 oz chicken stock		
zucchini, optional	buns, optional		<b>Bulk &amp; Frozen</b>
			1, 10 oz peas and carrots
			1, 16 oz corn
			1, 16 oz peas
			1 lb cornmeal
			1, 16 oz broccoli
<b>Pantry Items</b>	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil		

# Week Three

february 14 - 20, 2016

## February 14 - Valentine's Day

Homemade Heart Shaped Pizza

- use leftover frozen spaghetti sauce

## February 15

Leftovers

## February 16

Spaghetti with Garlic and Oil

## February 17

CrockPot Chili

## February 18

CrockPot French Onion Soup - NEW!

## February 19

Chicken Tenders

\* add hot sauce and butter to make Buffalo Chicken Tenders

Oven Baked French Fries

Corn

## February 20

Baked Ziti

- use leftover frozen spaghetti sauce

Green Beans

## grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 bunch parsley	yeast	1, 16 oz shredded mozzarella	1 lb ground beef
1 head garlic	spaghetti	1, 16 oz shredded cheddar	1 lb chicken breast
1 bag salad	1, 15 oz black beans	1, 32 oz ricotta	pepperoni, optional
2 jalapeños	1, 15 oz kidney beans	butter, optional	
2 bell peppers	1, 28 oz tomato sauce		
3 lbs onions	1, 15 oz diced tomatoes		
1 celery heart	2, 32 oz beef stock		<b>Bulk &amp; Frozen</b>
1 lb potatoes	hot sauce, optional		1, 16 oz corn
			1, 16 oz green beans
<b>Pantry Items</b>	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil		

# Week Four

february 21 - 29, 2016

## February 21

Roasted Chicken

Mashed Sweet Potatoes

Broccoli

- save bones and leftover chicken for Enchiladas and Asian Chicken Soup this week

## February 22

Chicken Enchilada Cups

- with leftover chicken

## February 23

Asian Chicken Noodle Soup - NEW!

## February 24

Leftovers

## February 25

Black Bean and Corn Quesadillas

## February 26

Pasta with Bacon and Peas

## February 27

Chicken Parmesan Casserole

Broccoli

## February 28

Asian Chicken Lettuce Wraps - NEW!

## February 29

Leftovers

## grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 lb sweet potatoes	1, 28 oz tomato puree		2 lbs chicken breast
2 carrots	2 pkgs flour tortillas		1 pkg bacon
3 onions	1 can chipotle in adobo		
1 head garlic	2, 32 oz chicken stock		
2 jalapeños	1, 15 oz black beans		
1/2 head cabbage	asian salad dressing		
bean sprouts	pasta		Bulk & Frozen
1 bunch green onions			1, 32 oz broccoli
1 bell pepper			1, 32 oz corn
1 zucchini			1, 10 oz peas
1 head lettuce			
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil		