





FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					SLOW COOKER TAMALE PIE	BBQ BACON CHEESEBURGER TATER TOT CUPS
3	4	5	6	7	8	9
TEX MEX EGG ROLLS CHEESEBALL BITES BUFFALO CHICKEN MEATBALLS	ROASTED CAULIFLOWER SOUP SALAD	MONGOLIAN BEEF SPRING ROLLS	LEFTOVERS 	INSTANT POT CABBAGE ROLLS	SHEET PAN MAPLE GLAZED SALMON WITH SWEET POTATOES	SPAGHETTI & MEATBALLS 
10	11	12	13	14	15	16
BAKED CHICKEN WITH CHERRY TOMATOES, HERBS & LEMON RICE PILAF	SPAGHETTI WITH GARLICKY GREENS	TACO SALAD	LEFTOVERS 	HEART SHAPED PIZZA	BUFFALO CHICKEN ROLLS FRENCH FRIES	GARLIC BUTTER SHRIMP PASTA SALAD
17	18	19	20	21	22	23
LASAGNA CAESAR SALAD	STICKY SESAME CAULIFLOWER RICE	20 MINUTE TACOS	LEFTOVERS 	SPAGHETTI CARBONARA WITH BROCCOLI	MUSHROOM POTSTICKERS ASIAN SALAD	SLOW COOKER TURKEY CHILI
24	25	26	27	28		
SHRIMP SCAMPI SALAD	SLOW COOKER BROCCOLI CHEDDAR SOUP	BREAKFAST FOR DINNER	LEFTOVERS 	SESAME CHICKEN SALAD		

SHOPPING LIST

Produce	Grocery	Dairy & Deli	Meat, Poultry & Seafood
2-3 eggplant	2, 16 oz boxes pasta of choice	1/4 lb white American cheese	1/2 lb chorizo
5 bags salad mix	1 loaf bread	1/2 gallon half and half	1 lb chicken thighs
14 sweet yellow onions	4, 32 oz chicken stock	1 pt heavy cream	7 1/2 lbs ground beef
3 lbs carrots	1, 16 oz velveeta	2, 18 ct eggs	4, 16 oz pkg thick sliced bacon
5 bunches green onions	2, 28 oz tomato puree	2, 32 oz cheddar cheese	2 lbs ground chicken
2, 2.5 oz pkg basil	1, 24 oz strained tomatoes	1, 16 oz cheddar cheese	1, 3-4 lb flank steak
6 broccoli crowns	3, 28 oz crushed tomatoes	1, 8 oz fresh mozzarella	3 lbs chicken breast
2 green peppers	1, 10.5 oz cream of chicken soup	egg roll wrappers	pepperoni
4 large tomatoes	5 lbs rice	1, 8 oz cream cheese	1 lb ground turkey
3 jalapeños	4, 15 oz black beans	1, 16 oz sour cream	breakfast sausage
2 large heads cauliflower	pretzel sticks	rice paper wrappers	8, 6 oz salmon filets
2 lbs yukon gold potatoes	1, 12 oz franks hot sauce	parmesan cheese	3 lbs, 16-20 ct shrimp
3 leeks	2, 32 oz vegetable broth	pizza dough	
1, 8 oz pkg bean sprouts	1, 8 oz can sliced olives	1, 16 oz mozzarella	
2, 16 oz crimini mushrooms	hoisin sauce	1, 6 oz blue cheese	
1 large head cabbage	1, 12 oz pkg glass noodles	gyoza wrappers	
3 large sweet potatoes	1, 8 oz instant potatoes	1, 15 oz ricotta cheese	
2 lbs green beans	1, 32 oz beef stock	1, 8 oz sour cream	
1 pt cherry tomatoes	2, 15 oz petite diced tomatoes		
4 large lemons	1, 6 oz french fried onions		
1, 2.5 oz pkg sage	4, 28 oz tomato sauce		
3 bunches parsley	1, 16 oz fettuccine	Frozen & Bulk	Pantry
2 bunches kale	2, 15 oz tomato sauce	1, 24 oz tater tots	fats; olive oil, butter, sesame oil, frying oil
5 heads garlic	3, 16 oz spaghetti	1, 12 oz shelled edamame	baking essentials; flour, yeast, baking powder, baking soda, corn starch, sugar, brown sugar, powdered sugar, bread crumbs, panko bread crumbs
4 heads romaine lettuce	1, 15 oz white hominy	1, 32 oz corn	herbs & spices; rosemary, thyme, sage, garlic powder, onion powder, white pepper, paprika, chile powder, cumin, parsley, basil, oregano, ginger, cinnamon, nutmeg, cayenne, salt and pepper
2 large avocados	1, 15 oz pinto beans	1, 16 oz mixed vegetables	condiments & sauces; Worcestershire sauce, fish sauce, ketchup, mustard, brown mustard, dijon mustard, hot sauce, mayo, soy sauce, bbq sauce, ranch dressing, sweet chili sauce
3 limes	chow mein noodles	1, 16 oz green beans	vinegars; apple cider vinegar, rice vinegar, white vinegar, red wine vinegar
5 lbs russet potatoes	taco shells	phyllo dough	
1 celery heart	1, 28 oz diced tomatoes	2 loaves garlic bread	
1, 8 oz bag arugula	fritos	1/4 lb cornmeal	
1, 12 oz pkg snap peas	tortilla chips		
1, 16 oz pkg baby spinach	1, 16 oz lasagna noodles		
1 red pepper	bbq sauce		
1, 8 oz bag broccoli slaw	pickled jalapeños		
1 bunch cilantro	sesame salad dressing		
1, 8 oz pkg mixed greens			