



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy Canada Day! Poutine
2 London Broil Grilled Zucchini Sweet Potatoes	3 Baked Macaroni & Cheese 	4 Happy 4th of July! BBQ Ribs Corn-On-The-Cob Loaded Baked-Potato Salad	5 Leftovers 	6 Slow Cooker Chicken Teriyaki Rice Broccoli	7 BBQ Meatloaf Corn Mashed Potatoes	8 Lemon Garlic Shrimp Kabobs Cauliflower Rice
9 Spaghetti & Meatballs Salad 	10 Egg Fried Rice 	11 Shepherd's Pie	12 Leftovers 	13 Pasta with Bacon and Peas	14 BBQ Chicken Wings Celery & Carrots with Ranch	15 20 Minute Tacos 
16 Beer Can Chicken Foil Pack Potatoes Corn On The Cob	17 Three Cheese Spinach Lasagna Rolls Salad	18 Chicken Noodle Casserole	19 Leftovers 	20 Breakfast for Dinner! 	21 Homemade Pizza	22 Foil Pack Chicken Fajitas
23 Chicken Alfredo 	24 Chicken, Broccoli & Rice Casserole	25 Sloppy Joes Corn Mashed Potatoes	26 Leftovers 	27 Chicken Parmesan Casserole	28 Ground Beef Stroganoff Peas	29 Slow Cooker BBQ Chicken Sandwiches Corn Sweet Potatoes
30 Bacon Cheeseburger Sliders Oven Baked French Fries Corn On The Cob	31 Spaghetti with Garlic & Oil					

july 2017 grocery list

Produce	Grocery	Dairy & Deli	Meat & Poultry
13 lbs russet potatoes	2, 32 oz beef stock	parmesan cheese - LOTS	1, 3-4 lb london broil
2 bunches green onions	1, 16 oz elbow macaroni	8 oz cheese curds	St. Louis style ribs - 1 slab
9 zucchini	1, 24 oz Velveeta	3, 8 oz cream cheese	1 lb shrimp
10 sweet potatoes	goldfish	2, 16 oz sour cream	4, 12 oz pkg bacon
12 ears corn on the cob	4 BBQ sauce	4, 8 oz shredded cheddar	7 lbs chicken breast
5 heads garlic	teriyaki sauce	2 dozen eggs	7 lbs ground beef
2 celery hearts	2 chicken stock	1, 8 oz cup plain greek yogurt	3 lbs chicken wings
10 onions	2, 28 oz crushed tomatoes	1, 15 oz whole milk ricotta	pepperoni
4 bunches parsley	2, 28 oz tomato sauce	5, 8 oz shredded mozzarella	
basil	1, 28 oz tomato puree	1 qt half and half	
3 bags salad	1, 16 oz farfalle pasta	1/2 lb American cheese - deli	
1 lb baby carrots	taco shells		
3 green peppers	1, 15 oz petite diced tomatoes		
4 lemons	3, 8 oz tomato sauce		
1 head romaine	2, 16 oz spaghetti		
2 roma tomatoes	2, 16 oz egg noodles		
1, 8 oz bag spinach	yeast or pre-made pizza dough	Pantry/Fridge Items	Bulk & Frozen
1 red pepper	3, 15 oz cream of chicken soup	milk	3, 16 oz broccoli
1 poblano pepper	ritz crackers	butter	2 lbs rice
3 limes	1, 16 oz lasagna noodles	salt and pepper	3, 16 oz corn
1 shallot	2 pkg hamburger buns	herbs and spices	1, 10 oz peas and corn
	1, 16 oz fettuccine	flour	2, 10 oz peas and carrots
	1, 15 oz tomato soup	soy sauce	3, 16 oz peas
	1, 15 oz cream of mushroom soup		
	1 pkg slider buns		
	flour tortillas		
	1, 16 oz penne		
			Misc.
			skewers
			beer
			frying oil
			foil