

# JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Mac & Cheese Peas and Carrots	<b>2</b> TaterTot Casserole Corn	<b>3</b> BBQ Chicken Skewers Grilled Zucchini	<b>4</b> French Onion Cheese Burger Grilled Corn On The Cob
<b>5</b> Spaghetti & Meatballs Salad 	<b>6</b> Leftovers 	<b>7</b> CrockPot Chicken Fajitas	<b>8</b> Fettuccine Alfredo Peas	<b>9</b> Chicken Caesar Salad Wraps	<b>10</b> CrockPot Pulled Pork Mashed Sweet Potatoes Corn	<b>11</b> Chicken Nuggets Oven Baked French Fries
<b>12</b> BBQ Pulled Pork Shepherd's Pie	<b>13</b> Tomato Soup & Grilled Cheese 	<b>14</b> Leftovers 	<b>15</b> Breakfast For Dinner (Bacon & Eggs)	<b>16</b> Pasta with Meat Sauce Green Beans	<b>17</b> English Muffin Pizza Salad	<b>18</b> Foil Pack Mediterranean Chicken Baked Potatoes
<b>19</b> <b>Father's Day</b> BBQ Chicken Wings Sweet Potatoes	<b>20</b> Pizza Pasta Bake Salad	<b>21</b> Turkey Tacos 	<b>22</b> Leftovers 	<b>23</b> Spaghetti with Garlic and Oil Roasted Broccoli	<b>24</b> Corn Dog Bites Sweet Potato Fries Corn	<b>25</b> CrockPot Beef and Broccoli with Rice
<b>26</b> Beer Can Chicken Grilled Corn On The Cob	<b>27</b> Egg Fried Rice	<b>28</b> Chicken Noodle Casserole	<b>29</b> Leftovers 	<b>30</b> Pierogies with Bacon Peas		

# june 2016 grocery list

Produce	Grocery	Dairy	Meat & Poultry
5 zucchini	1 box elbow macaroni	milk/cream	5 lbs chicken breast
3 heads garlic	1, 8 oz velveeta	1, 8 oz cream chrrse	4 lbs ground beef
5 lbs onions	bbq sauce	1, 8 oz sour cream	2 lbs (2 pkg) bacon
corn on the cob	skewers	1 pt heavy whipping cream	1, 4-5 lb pork butt
1 pkg basil	1, 10oz cream of mushroom	1, 32 oz shredded cheddar	3 pkg chicken wing pieces
3 bags salad mix	1 pkg french onion soup mix	parmesan cheese	pepperoni
1 green pepper	2 pkg hamburger buns	1, 12 ct american cheese	1 lb ground turkey
3 red peppers	3 boxes spaghetti	18 ct eggs	1 pkg hot dogs
1 yellow/orange pepper	3, 28 oz crushed tomatoes	1, 32 oz shredded mozzarella	1, 4-5 lb chicken
5 roma tomatoes	3, 28 oz tomato sauce	1, 8oz feta cheese	1, 3 lb chuck roast
2 heads lettuce	3, 28 oz tomato puree	1, 15 oz ricotta cheese	<b>Deli</b>
10 lbs potatoes	1 pkg fajita size flour tortillas		1/4 lb swiss cheese
6 lbs sweet potatoes	1 pkg burrito size flour tortillas		
1 head spinach	caesar salad dressing		
1 bunch parsley	3, 32 oz chicken stock		
2 - 3 heads broccoli	1 loaf bread		
1 bunch cilantro	1 pkg english muffins		
	1 box penne		<b>Bulk &amp; Frozen</b>
	taco shells		3, 10 oz peas and carrots
	asian salad dressing		2, 32 oz corn
	1 pkg wide egg noodles		1, 16 oz tatertots
	1, 10 oz cream of chicken		1, 16 oz peas
	1, 15 oz pinto beans		1, 10 oz green beans
			pierogies
			1/2 lb corn meal
			1 lb white or brown rice
<b>Freebies</b>	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

# Week One

june 1-4. 2016

## Wednesday, June 1

Macaroni and Cheese

Peas and carrots

## Thursday, June 2

TaterTot Casserole

Corn

## Friday, June 3

BBQ Chicken Skewers

Grilled Herb and Garlic Zucchini

## Saturday, June 4

French Onion Cheese Burger

Grilled Corn On The Cob

## grocery list

Produce	Grocery	Dairy	Meat & Poultry
3 onions	elbow macaroni	milk	2 lbs ground beef
1 head garlic	velveeta	1, 8oz cream cheese	1 lb chicken breast
3 zucchini	cream of mushroom soup	1, 8 oz sour cream	
corn on the cob	french onion soup mix		
	hamburger buns		
	bbq sauce		
	skewers		<b>Bulk &amp; Frozen</b>
			1, 10 oz peas and carrots
			1, 16 oz tater tots
			1, 16 oz corn
<b>Pantry Items</b>	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

# Week Two

june 5 - 11, 2016

## Sunday, June 5

Spaghetti and Meatballs

Salad

- Freeze leftover spaghetti sauce in two separate containers for dinners later in the month.

PLAN AHEAD: Make Pizza Pasta Bake today for an easy dinner later in the month.

## Monday, June 6

Leftovers

## Tuesday, June 7

CrockPot Chicken Fajitas

- I have included tomatoes, cilantro and shredded cheese in the grocery lists.

## Wednesday, June 8

Fettuccine Alfredo

Peas

## Thursday, June 9

Chicken Caesar Salad Wraps

## Friday, June 10

CrockPot Pulled Pork

Mashed Sweet Potatoes

Corn

- Place leftover pork in tupperware for dinner on Sunday.

## Saturday, June 11

Chicken Nuggets with Hidden Veggies

Oven Baked French Fries

## grocery list

Produce	Grocery	Dairy	Meat & Poultry
garlic	1 box spaghetti	parmesan cheese	1 lb ground beef
basil	3, 28 oz crushed tomatoes	1, 16 oz shredded cheddar	3 lbs chicken breast
1 bag salad mix	2, 28 oz tomato sauce	queso fresco (optional)	1, 4-5 lb pork butt
2-3 onions	2, 28 oz tomato puree	heavy whipping cream	1, 16 oz pkg bacon (optional)
1 red pepper	1 pkg fajita size flour tortillas		
1 green pepper	1 box fettuccine		
1 yellow pepper	1 pkg burrito size flour tortillas		<b>Bulk &amp; Frozen</b>
1 lb roma tomatoes	1 pkg hamburger buns (optional)		1, 16 oz corn
1 head lettuce	1, 32 oz chicken stock		1, 10 oz peas
2 lbs sweet potatoes	caesar salad dressing		
1 zucchini			
3 lbs potatoes			
cilantro (optional)			
<b>Pantry Items</b>	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

# Week Three

June 12 - 18, 2016

## Sunday, June 12

BBQ Pulled Pork Shepherd's Pie  
- use leftover pork from Friday night.

## Monday, June 13

Tomato Soup with Grilled Cheese Croutons

## Tuesday, June 14

Leftovers  
- Take out leftover Spaghetti Sauce for Thursday nights dinner.

## Wednesday, June 15

Breakfast for dinner!  
- Eggs and bacon included in the grocery list.

## Thursday, June 16

Pasta with Meat Sauce  
Green Beans  
- Use leftover frozen Spaghetti Sauce for dinner.

## Friday, June 17

English Muffin Pizza  
Salad  
- Pepperoni included in grocery list.

## Saturday, June 18

Foil Pack Mediterranean Chicken  
Baked Potatoes

### grocery list

Produce	Grocery	Dairy	Meat & Poultry
2 lbs sweet potatoes	bbq sauce	12 ct eggs	1 lb bacon
garlic	1, 28 oz tomato puree	american cheese	1 lb ground beef
basil (optional)	1, 32 oz chicken stock	1, 8 oz feta cheese	1 lb chicken breast
1 yellow onion	1 loaf bread	parmesan cheese (optional)	pepperoni
1 red onion	1 box spaghetti	1, 16 oz shredded mozzarella	
1 red pepper	1 pkg english muffins		
1 bunch spinach			<b>Bulk &amp; Frozen</b>
baking potatoes (1 per person)			corn
			peas
			1, 10 oz green beans
<b>Pantry Items</b>	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

# Week Four

june 19 - 25. 2016

## Sunday, June 19 - Father's Day

BBQ Chicken Wings  
Roasted Sweet Potatoes

## Monday, June 20

Pizza Pasta Bake  
Salad

## Tuesday, June 21

Turkey Tacos  
- Lettuce, cheese and tomato included in grocery list.

## Wednesday, June 22

Leftovers

## Thursday, June 23

Spaghetti with Garlic and Oil  
Roasted Broccoli

## Friday, June 24

Corn Dog Bites  
Sweet Potato Fries  
Corn

## Saturday, June 25

CrockPot Beef and Broccoli with Rice  
- Make a double batch of rice and save for dinner Monday

### grocery list

Produce	Grocery	Dairy	Meat & Poultry
5 lbs sweet potatoes	1 box penne	1, 15 oz ricotta cheese	3 pkg chicken wing pieces
1 bag salad mix	taco shells	1, 16 oz shredded mozzarella	pepperoni
1 head lettuce	1 box spaghetti	1, 16 oz shredded cheddar	1 lb ground turkey
1 lb roma tomatoes	asian salad dressing	parmesan cheese	1 pkg hot dogs
garlic	1, 15 oz pinto beans	12 ct eggs	1, 3-4 lb chuck roast
2-3 heads broccoli			
1 bunch parsley			<b>Bulk &amp; Frozen</b>
			1, 16 oz corn
<b>Pantry Items</b>	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

# Week Five

June 26 - 30, 2016

## Sunday, June 26

Beer Can Chicken

Grilled Corn On The Cob

- Save leftover chicken for Chicken Noodle Casserole on Tuesday.

## Monday, June 27

Egg Fried Rice

- Use leftover rice from Saturday.

## Tuesday, June 28

Chicken Noodle Casserole

- Use leftover chicken from dinner on Sunday.

## Wednesday, June 29

Leftovers

## Thursday, June 30

Pierogies with Bacon

Peas

### grocery list

Produce	Grocery	Dairy	Meat & Poultry
garlic	1, 15 oz cream of chicken	sour cream (optional)	1, 4-5 lb chicken
3 onions	1, 32 oz chicken stock	cream cheese	1 pkg bacon
ginger (optional)	1 pkg egg noodles		
corn on the cob			
			<b>Bulk &amp; Frozen</b>
			1, 10 oz peas and carrots
			1, 10 oz peas
			pierogies
<b>Pantry Items</b>	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		