

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Spaghetti & Meatballs Salad 	2 Pierogies with Bacon Broccoli	3 Chicken Caesar Salad Wraps	4 Leftovers 	5 Cinco De Mayo! Ground Beef Tacos Salsa & Chips Mexican Street Corn	6 Pasta with Sauce Green Beans	7 30 Minute Macaroni & Cheese Peas
8 Mother's Day BBQ Chicken Skewers Salad	9 Lasagne Green Beans 	10 Breakfast For Dinner!	11 Leftovers 	12 Grilled Ham and Cheese Peas	13 CrockPot Beef & Broccoli Rice	14 Pasta with Bacon & Peas
15 Grilled Sweet Chili Lime Chicken Grilled Potato Planks	16 Egg Fried Rice	17 Turkey Tacos Corn 	18 Spaghetti with Garlic & Oil Broccoli	19 Leftovers 	20 Pizza Party Day! Homemade Pizza	21 Shepherd's Pie 
22 Beer Can Chicken Grilled Zucchini	23 Grilled Cheese & Tomato Soup 	24 Chicken Pot Pie Pasta	25 Leftovers 	26 Black Bean & Corn Quesadillas	27 Pizza Pasta Bake Salad	28 Homemade Chicken Nuggets Sweet Potato Fries
29 Grilled Teriyaki Skirt Steak Grilled Corn On The Cob	30 Memorial Day Cheeseburgers Oven Baked French Fries	31 Leftovers 				

may 2016 grocery list

Produce	Grocery	Dairy	Meat & Poultry
3 bags salad	2 pkg spaghetti	parmesan cheese	4 lbs ground beef
4 heads garlic	2, 28 oz crushed tomatoes	queso fresco	3 pkg bacon
1 bunch basil	4, 28 oz tomato sauce	1 qt cream	4 lbs chicken breast
2 heads romaine lettuce	3, 28 oz tomato puree	1, 16 oz velveeta	1 lb ground turkey
4 roma tomatoes	2 pkg flour tortillas	1, 32 oz shredded mozzarella	1, 3 lb flank steak
5 lbs onions	2 pkg taco shells	1, 32 oz shredded cheddar	1 whole chicken
1 bunch cilantro	3, 15oz petite diced tomatoes	2, 15 oz whole milk ricotta	1, 3 lb skirt steak
1 lb jalapeños	5 boxes pasta	2 dozen eggs	pepperoni
2 broccoli crowns	1 box lasagna noodles		
4 limes	1 loaf bread		
5 lbs potatoes	asian salad dressing		Deli
2 bunches parsley	sweet chili sauce		1/2 lb white american cheese
6-8 zucchini	yeast		1/2 lb thinly sliced ham
2 red or green bell peppers	2, 32 oz chicken stock		
3 large sweet potatoes	1, 15 oz black beans		
corn on the cob (in husk)	1, 15 oz pinto beans		
1 bunch green onions	island teriyaki sauce		
	hamburger buns		Bulk & Frozen
	1, 32 oz beef broth		1, 32 oz broccoli
	chopsticks/skewers		pierogies
	tortilla chips		2, 32 oz corn
	caesar salad dressing		1, 32 oz green beans
			2, 32 oz peas
			1 1/2 lbs brown rice
			3, 10 oz peas and carrots
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week One

may 1 - 7, 2016

Sunday, May 1

Spaghetti and Meatballs

- Freeze leftover spaghetti sauce in 3 separate containers for Pasta and Sauce, Lasagne and Pizza Pasta Bake later in the month.

- **Plan Ahead!** Prepare and freeze Lasagne and Pizza Pasta Bake today to make for easy dinners later in the month!

Monday, May 2

Pierogies with Bacon and Caramelized Onions

Broccoli

Tuesday, May 3

Chicken Caesar Salad Wraps

- Chop extra lettuce today and put in a labeled ziplock bag for tacos on Thursday!

Wednesday, May 4

Leftovers

Thursday, May 5 - Cinco De Mayo!

Ground Beef Tacos

Salsa and Chips

Mexican Street Corn

Friday, May 6

Pasta with Sauce

- Use leftover spaghetti sauce from Sunday

Saturday, May 7

Macaroni and Cheese

Peas

grocery list

Produce	Grocery	Dairy	Meat & Poultry
garlic	2, 28 oz crushed tomatoes	parmesan cheese	2 lbs ground beef
basil	2, 28 oz tomato puree	shredded cheddar	bacon
onions	2, 28 oz tomato sauce	queso fresco	1 lb chicken breast
1 head lettuce	caesar salad dressing	cream	
roma tomatoes	taco shells	velveeta	
cilantro	flour tortillas		
jalapeños	tortilla chips		Bulk & Frozen
parsley	spaghetti		broccoli
1 bag salad	2 boxes pasta		corn
			peas
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Two

may 8 - 14. 2016

Sunday, May 8 - Mother's Day

BBQ Chicken Skewers - New!

Salad

Monday, May 9

Lasagne

- Use leftover frozen spaghetti sauce

Green Beans

Tuesday, May 10

Breakfast

- Bacon and eggs included in grocery list

- Spice It Up! Look in your fridge and pantry and if you have the leftovers make tonight's dinner Breakfast Burritos

Wednesday, May 11

Leftovers

Thursday, May 12

Grilled Ham and Cheese - New!

Peas

Friday, May 13

CrockPot Beef and Broccoli

Rice

- Make extra rice for Eggs Fried Rice next Monday

Saturday, May 14

Pasta with Bacon and Peas

grocery list

Produce	Grocery	Dairy	Meat & Poultry
1 bag salad	bbq sauce	mozzarella cheese	1 lb chicken breast
2 crowns broccoli	lasagna noodles	ricotta cheese	2 pkg bacon
onions	bread	eggs	1/2 lb sliced ham - deli
garlic	1 box pasta	1/4 lb american cheese - deli	flank steak
green onions	asian salad dressing	parmesan cheese	
parsley	beef broth	cream	
			Bulk & Frozen
			green beans
			peas
			rice
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Three

march 15 - 21. 2016

Sunday, May 15

Grilled Sweet Chili Lime Chicken - New!

Grilled Potato Planks - New!

Monday, May 16

Egg Fried Rice

- Use leftover rice from last Friday

Tuesday, May 17

Turkey Tacos

Corn

Wednesday, May 18

Spaghetti with Garlic and Oil

Broccoli

Thursday, May 19

Leftovers

Friday, May 20 - Pizza Party Day

Homemade Pizza

- Pepperoni included in grocery list

Saturday, May 21

Shepherd's Pie

grocery list

Produce	Grocery	Dairy	Meat & Poultry
potatoes	sweet chili sauce	shredded cheddar	1 lb chicken breast
onions	taco shells	parmesan cheese	ground turkey
lime	pinto beans	shredded mozzarella	pepperoni
garlic	spaghetti	cream	1 lb ground beef
lettuce	yeast	eggs	
roma tomatoes			
1 zucchini			Bulk & Frozen
1 bell pepper			corn
parsley			broccoli
			2, 10 oz peas and carrots
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		

Week Four

may 22 - 31, 2016

Sunday, May 22

Beer Can Chicken - New!

Grilled Zucchini - New!

Monday, May 23

Grilled Cheese and Tomato Soup

Tuesday, May 24

Chicken Pot Pie Pasta

- Use leftover chicken from Sunday

Wednesday, May 25

Leftovers

Thursday, May 26

Black Bean and Corn Quesadillas

Friday, May 27

Pizza Pasta Bake

Salad

Saturday, May 28

Homemade Chicken Nuggets with Hidden Veggies

Sweet Potato Fries

Sunday, May 29

Grilled Island Teriyaki Skirt Steak - New!

Grilled Corn On The Cob - New!

Monday, May 30 - Memorial Day

Cheeseburgers

Oven Baked French Fries

Tuesday, May 31

Leftovers

grocery list

Produce	Grocery	Dairy	Meat & Poultry
zucchini	chicken broth	1/2 lb american cheese - deli	1 whole chicken
garlic	tomato puree	cream	pepperoni
onion	bread	shredded cheddar	1 lb chicken breast
bell pepper	flour tortillas	shredded mozzarella	skirt steak
sweet potatoes	black beans	ricotta cheese	1 lb ground beef
potatoes	pasta		
parsley	island teriyaki sauce		Bulk & Frozen
corn on the cob (in husk)	hamburger buns		peas and carrots
salad			corn
Pantry Items	herbs & spices, flour, sugar, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		