

ONE MONTH DINNER PLAN

Week One

Sunday- Spaghetti, salad, bread

Monday- fajitas, rice, beans, corn

Tuesday- chicken broccoli & potatoes

Wednesday- church

Thursday- Turkey burgers, brussels sprouts/broccoli

Friday- Pizza

Saturday- Chili dogs, green beans

Week Two

Sunday- Spaghetti, salad, bread

Monday- Chicken Alfredo, salad, bread

Tuesday- Make your own burrito bowls

Wednesday- Church

Thursday- Chicken enchilada bake, rice, corn

Friday- Pizza

Saturday- Sausage, potatoes, salad

Week Three

Sunday- Taco Soup

Monday- Taquitos, rice, salad

Tuesday- Beef enchilada bake, rice, corn

Wednesday- Church

Thursday- Cowboy casserole, broccoli

Friday- Pizza

Saturday- Sausage, potatoes, salad

Week Four

Sunday- Taco soup

Monday- baked chicken, potatoes, salad

Tuesday- Bacon, egg, cheese tacos

Wednesday- Church

Thursday- Lasagna, salad, bread

Friday- Pizza

Saturday- Baked tilapia or chicken, veggies, rice

WEEKLY BREAKFAST, LUNCH, SNACK PLAN

Breakfast- Between 8:00 a.m. and 9:30 a.m.

Morning Snack- Between 10:00 and 11:00 a.m.

Lunch- Between 12:00 and 1:00 p.m.

Afternoon Snack- 3:00 p.m.

Sunday-

Breakfast: toast/biscuits/tortillas and eggs

Lunch: Sandwiches, fruit

Snacks: crackers with PB/cheese, fruit

Monday-

Breakfast: Scrambled eggs, toast

Lunch:

Snacks: Boiled eggs, fruit

Tuesday-

Breakfast: Oatmeal

Snacks: yogurt, granola

Lunch: Sandwiches, fruit

Wednesday-

Breakfast: Pancakes, sausage

Snacks: boiled eggs, fruit

Lunch: Quesadillas, beans, rice

Thursday-

Breakfast: Egg tacos

Snacks: Crackers with PB/cheese, fruit

Lunch: Leftovers, sandwiches, fruit

Friday-

Breakfast: French Toast Friday!

Snacks: Oatmeal chocolate chip cookies, milk

Lunch: Hotdogs, veggies, fruit

Saturday-

Breakfast: Random. Usually rotated between biscuits and gravy, or pancakes and eggs.

Snacks: crackers with cheese/PB, fruit, or leftover cookies

Lunch: Random. Usually rotated between PB&J's with fruit, parties/eating out, or leftovers

WEEK ONE GROCERY LIST

Produce

2- green leaf lettuce
In season fruit (about 35 servings)
Bananas
2-Tri-colored bell peppers
Green bell peppers
Cucumbers
Carrots
Red Onion
Bag yellow onion (lasts ~2wks.)
Clearance veggies (mushrooms, peppers, etc. for spaghetti sauce.)
5lb bag potatoes

Meat

4lbs ground turkey
5lbs frozen chicken breasts
Sausage links
Breakfast sausage
Pepperoni

Cold

Family size turkey lunch meat
24 pack hotdogs
2 cans biscuits

Baking

Flour
White sugar
Brown sugar
Chocolate chips
Vanilla

Dairy

3 gallons milk
15- single serve yogurt
2- 60 count eggs
2- butter

Sour cream
Coffee creamer
Shredded Mexican blend (2lb. bag)
Shredded Mozzarella (2lb. bag)
4- sliced cheddar cheese (we don't buy processed cheese)
2- cream cheese

Frozen

Large bag broccoli
Large bag corn
Brussel sprouts

Dry goods

Peanut butter
Jelly
Oatmeal
Pancake mix
Syrup
1lb beans
Granola
2- saltine crackers
Wheat spaghetti noodles
Rice

Bread

4- wheat bread
Corn tortillas
Flour tortillas
Hotdog buns
Hamburger buns

Canned

Chili
Bulk size canned tomatoes (for spaghetti sauce. I prefer the whole tomatoes so there's more texture, we just mash them down.)
Pizza Sauce

WEEK TWO GROCERY LIST

Produce

2- green leaf lettuce
In season fruit (about 35 servings)
Bananas
2-Tri-colored bell peppers
Green bell peppers
Cucumbers
Carrots
Avocado
Bag yellow onion (lasts ~2wks.)
Clearance veggies (mushrooms, peppers, etc. for spaghetti sauce.)
5lb bag potatoes

Meat

2lbs ground turkey
5lbs frozen chicken breasts
Frozen tilapia
Breakfast sausage
Pepperoni

Cold

Family size turkey lunch meat
24 pack hotdogs
2 cans biscuits

Baking

Flour
Chocolate chips
Vanilla

Dairy

3 gallons milk
15- single serve yogurt
2- 60 count eggs
2- butter

Sour cream
Coffee creamer
Shredded Mexican blend (2lb. bag)
Shredded Mozzarella (2lb. bag)
4- sliced cheddar cheese (we don't buy processed cheese)

Frozen

Large bag broccoli
Large bag corn

Dry goods

Peanut butter
Jelly
Pancake mix
1lb black beans
Granola
2- saltine crackers
Wheat spaghetti noodles
Ranch
Ketchup

Bread

4- wheat bread
Corn tortillas
Flour tortillas
Hotdog buns

Canned

Bulk size canned tomatoes (for spaghetti sauce. I prefer the whole tomatoes so there's more texture, we just mash them down.)
Pizza Sauce
2 Jars alfredo sauce
Enchilada sauce

WEEK THREE GROCERY LIST

Produce

2- green leaf lettuce
In season fruit (about 35 servings)
Bananas
2-Tri-colored bell peppers
Green bell peppers
Cucumbers
Carrots
Avocado
Bag yellow onion (lasts ~2wks.)
5lb bag potatoes

Meat

2lbs ground turkey
5lbs frozen chicken breasts
Sausage links
Breakfast sausage
Pepperoni
Bacon

Cold

Family size turkey lunch meat
24 pack hotdogs
2 cans biscuits

Baking

Flour
White sugar
Brown sugar
Chocolate chips
Vanilla
Evaporated milk

Dairy

3 gallons milk
15- single serve yogurt
2- 60 count eggs

2- butter
2- cream cheese
Sour cream
Coffee creamer
Shredded Mexican blend (2lb. bag)
Shredded Mozzarella (2lb. bag)
4- sliced cheddar cheese (we don't buy processed cheese)

Frozen

Large bag broccoli
Large bag corn

Dry goods

Peanut butter
Jelly
Pancake mix
1lb black beans
Granola
2- saltine crackers
Wheat spaghetti noodles
2- Ranch dressing packets
Rice

Bread

4- wheat bread
Corn tortillas
Flour tortillas
Hotdog buns

Canned

Pizza Sauce
Enchilada sauce
16 oz Cheddar cheese soup
2- 16 oz kidney beans

WEEK FOUR GROCERY LIST

Produce

2- green leaf lettuce
In season fruit (about 35 servings)
Bananas
2-Tri-colored bell peppers
Green bell peppers
Cucumbers
Carrots
Avocado
Bag yellow onion (lasts ~2wks.)
Clearance veggies (mushrooms, peppers, etc. for spaghetti sauce.)
5lb bag potatoes

Meat

4lbs ground turkey
5lbs frozen chicken breasts
Sausage links
Breakfast sausage
Pepperoni

Cold

Family size turkey lunch meat
24 pack hotdogs
2 cans biscuits

Baking

Flour
White sugar
Brown sugar
Chocolate chips
Vanilla
Evaporated milk

Dairy

3 gallons milk
15- single serve yogurt
2- 60 count eggs
2- butter
Sour cream
Coffee creamer
Shredded Mexican blend (2lb. bag)
Shredded Mozzarella (2lb. bag)
4- sliced cheddar cheese (we don't buy processed cheese)

Frozen

Large bag broccoli
Large bag corn

Dry goods

Peanut butter
Jelly
Pancake mix
1lb black beans
Granola
2- saltine crackers
Wheat spaghetti noodles

Bread

4- wheat bread
Corn tortillas
Flour tortillas
Hotdog buns

Canned

Pizza Sauce
Enchilada sauce
2- 16 oz kidney beans