

Week 1 and 2

Meal plan for the week

	Breakfast	Dinner	Breakfast	Dinner
Monday	Overnight Oats	Tacos	Breakfast burrito	Hamburgers
Tuesday	Breakfast casserole	Chicken and rice with sweet potatoes	Overnight oats	Spaghetti
Wednesday	Muffins and fruit	Meatloaf	Fruit, granola, and yogurt	Ramen
Thursday	Overnight Oats	Steak and salad	Breakfast burrito	Chicken and salad
Friday	Breakfast casserole	Pizza	Overnight oats	Pizza
Saturday	Bacon and eggs	Lasagna	Waffles	Turkey meatballs and salad
Sunday	Pancakes	Chicken Alfredo and broccoli	Bacon and eggs	Tamale pie

Produce
☐ Zucchini
☐ Salad

Meat
☐ Bacon 5lb
☐ Chicken sausage 2lb

Dairy
☐ Milk
☐ Creamer

Other
☐ Corn meal
☐ Flour

Other
☐ Oatmeal
☐ Cereal

Produce
☐ Onion
☐ Sweet potatoes
☐ Broccoli
☐ Carrots
☐ Celery
☐ Mushrooms
☐ Strawberries
☐ Blackberries
☐ Blueberries
☐ Melon
☐ Oranges

Meat
☐ Chicken breasts 6lb
☐ Hamburger 10lb
☐ Steak 5lb
☐ Ground turkey 3lb
☐ Pepperoni
☐ Lunch meat
☐
☐
☐
☐
☐

Dairy
☐ Greek yogurt
☐ Medium cheddar
☐ Mozzarella
☐ Parmasen
☐ Eggs 5 dozen
☐ Heavy cream
☐ Cream cheese
☐ String cheese
☐ Butter
☐ Cottage cheese
☐ Ricotta

Other
☐ Sugar
☐ Baking soda
☐ Baking powder
☐ Vanilla
☐ Bread
☐ Bagels
☐ Spaghetti noodles
☐ Alfredo noodles
☐ Lasagna noodles
☐ Rice noodles
☐ Rice

Other
☐ Granola
☐ Chopped olives
☐ Tomato sauce
☐ Tomato paste
☐ Hash browns
☐ Hamburger buns
☐
☐
☐
☐
☐

November 2–8

Shopping List

[illegible]