

	Week 1	Week 2	Week 3	Week 4
Sunday	Beef Casserole - 9	Chili - 28	Chicken Tortilla Soup - 43	Lentil Soup - 56
Monday	Chicken Thai Fried Rice - 11	Ginger Asian - 31	Alfredo - 45	Pad Thai - 58
Tuesday	Fajitas -14	Tacos - 33	Nachos - 48	Quesadilla - 60
Wednesday	Sausage and Peppers - 19	Pulled Pork - 35	Spaghetti -49	Hobo Stew - 62
Thursday	Breakfast for Dinner - 20	Breakfast for Dinner - 37	Breakfast for Dinner - 51	Breakfast for Dinner -64
Friday	Pulled Chicken -21	Sunday Chicken - 38	Sloppy Joe - 53	Salsa Chicken - 65
Saturday	Chicken Dinner - 22	Enchiladas - 39	Brown Sugar Pork - 54	Pork Thai Fried Rice -67
Isle order	Lime	6 Garlic Cloves	Onion	Carrots
	Lemon (Optional)	2 Green Bell Pepper	Carrot	Lemon
	Cucumber	Ginger Root	5 Garlic Cloves	3 Garlic Cloves
	6 Garlic Cloves	2 Onion	Potatoes	Celery
	Green Pepper	Carrots	Green Onion	2 Onions
	Green Onion	Lettuce	Bread	Potatoes
	Lettuce	Hamburger Buns	Hamburger Buns	Large Flour Tortillas
	Potatoes	Hard Taco Shells	Mac and Cheese Velveta	15 Oz Tomato Sauce
	Hamburger Buns	Small Tortillas	Alfredo Noodles	4 Chicken Breasts
	Tortillas	6 Chicken Breasts	Parmesan Cheese	6 Chicken Thighs
	Cream of Chicken Soup	5 Chicken Thighs	10 Oz Can Enchilada Sauce	1lb Ground Beef
	(Jasmine) Rice	Pork Loin	4 Oz Can Green Chopped Chili Pepper	Lentils
	6 Chicken Breasts	6 Oz Can Tomato Paste	1 Can Whole Pealed Tomatoes	Fish Sauce
	5 Chicken Thighs	2.5 Lbs Ground Beef	3, 15 Oz tomato sauce	Oyster Sauce
	Whole Chicken	1 Can Diced Tomatoes	6 Oz Can Tomato Paste	Bean Sprouts
	1 Lb Ground Beef	1 Normal Can Tomato Sauce	3 Chicken Breasts	Rice Noodles (pad thai)
	Italian Sausage	1 Large Can Tomato Sauce	5 Chicken Thighs	Elbow noodles
	Peanut Oil	Cream Of Chicken Soup	2.5 lbs Ground Beef	Jar of Salsa
	Fish Sauce	1 Can Water Chestnuts	1.5 lbs Pork	Peanuts
	Oyster Sauce	Dry Italian Seasoning	Brown Sugar	Breakfast sausage
	Pinto Beans	Pinto Beans	(Maple) Syrup	Frozen Peas
	Diced Tomatoes	Breakfast Sausage	Nacho Chips	Sour Cream
	Cheddar Cheese	Frozen Broccoli	Breakfast Sausage	Eggs
	Breakfast Sausage	Frozen Green Beans	Frozen Peas	Shredded Cheese
	Frozen Peas	Frozen Corn	Frozen Broccoli	Frozen/Refrigerated Bagles
	Sour Cream	Sour Cream	Sour Cream	Cheddar Cheese
	Milk	Cream Cheese	Milk	
	Eggs	Milk	Butter	
	Butter	Eggs	Eggs	
		Cheddar Cheese	Cheddar Cheese	

**Spices and Oils to have on hand:**

- Garlic Powder
- Onion Powder
- Paprika
- Cayenne Pepper
- Red Pepper Flakes
- Coriander
- Cumin
- Chili Powder
- Salt
- Black Pepper
- Bay Leaf
- Parmesan Cheese
- Pickled Jalapenos
- Vanilla
- Cinnamon
- Mustard
- Vinegar
- White Sugar
- Brown Sugar
- Dijon Mustard
- Vinegar
- Lard
- Olive Oil
- Peanut Oil
- Chicken Broth (Chicken Bouillon Cubes)
- Oregano
- Basil
- Baking soda
- Sugar
- Flour