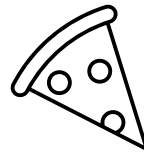


# FOR THE WEEK OF

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# SHOPPING LIST



## **SUNDAY**

- Eggs and Toast
- Tuna Sandwich and Salad
- Spaghetti and Meatballs

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## **MONDAY**

- Waffles, Bacon and Fresh Fruit
- Grilled Cheese Sandwich, Tomato Soup
- Roasted Chicken, Carrots, Red Potatoes

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## **TUESDAY**

- Smoothie
- **Left Over** Chicken Salad Sandwich
- Meatloaf, Peas and Baked Potato

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## **WEDNESDAY**

- Greek Yogurt, Blueberries, Nuts, cheese
- **Leftover** Meatloaf Sandwich
- Salmon, Asparagus and Baked Potato

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## **THURSDAY**

- Mushroom/Cheese Omelet, Eng. Muffin
- Lunch at the Olive Garden
- Chicken Tacos and Refried Beans

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## **FRIDAY**

- Smoothie
- Tortilla Pizza, Cuc and Tomato Salad
- Burger Asparagus and Onion Rings

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## **SATURDAY**

- Blueberry Pancakes and Sausages
- Spinach Salad with Grilled Shrimp, Roll
- **Date Night – Dinner Out**

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1 Dozen Eggs

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Large Can of Tuna

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Frozen Shrimp

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2 Pound Ground Chuck

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Whole Roaster Chicken (about 4 – 5 pounds)

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1 Pound Salmon Fillets

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1 Package Bacon

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1 Package Boneless Skinless Chicken Breasts

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Package of Frozen Meatballs

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1 Package Spinach

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1 Large Package Sliced White Mushrooms

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1 Large Red Onion

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1 Bunch Asparagus

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1 Bunch of Fresh Parsley

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Blueberries

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Small Package of Shredded Mozzarella Cheese

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Wedge of Fresh Parmesan Cheese

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Greek Yogurt

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Mayonnaise

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1 Jar Spaghetti Sauce

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Minced Onions

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