

Item	Price	Quantity	Total Price	Meal Genre	Meal Name	Portion?	
Rainbow baby carrots organic	\$1.50	2	\$3.00	Lunches	all		
On the vine tomatoes	\$0.77	3 lbs	\$2.31	Dinner	Bolognese	Yes also guac	
Ground Beef	\$2.99	2	\$5.98	Dinner	Bolognese		
Pasta	\$1.09	1	\$1.09	Dinner	Bolognese		
Pasta Sauce	\$2.99	1	\$2.99	Dinner	Bolognese		
Broccoli	\$0.98	1	\$0.98	Dinner	Bolognese		
Sweet corn (5 per dollar)	\$1.00	2	\$2.00	Dinner	Burgers		
Colby Jack cheese				Dinner	Burgers		
Buns				Dinner	Burgers		
Ground Beef				Dinner	Burgers		
Horizon Milk	\$3.99	1	\$3.99	Breakfast	cereal		
Barbaras Cereal	\$4.99	2	\$4.99	Breakfast	cereal	BOGO	
Brown or white rice bulk	\$0.50	5	\$2.50	Dinner	Chicken	Yes - stock up	
Empire boneless skinless chicken	\$5.99	1.25	\$7.59	Dinner	Chicken		
FIND A VEGGIE	\$5.00		\$5.00	Dinner	Chicken		
Reds Burritos	\$1.50	6	\$9.00	Dinner	Easy Fiesta	leftover for lunch	
Avocado	\$0.50	4	\$2.00	Dinner	Easy Fiesta		
Refried Beans	\$0.99	2	\$1.98	Dinner	Easy Fiesta		
Lime	\$0.50	1	\$0.50	Dinner	Easy Fiesta		
Onion	\$0.50	1	\$0.50	Dinner	Easy Fiesta		
Sprouts Organic hash browns	\$2.00	2	\$4.00	Breakfast	Eggs		
Eggs (dozen)	\$1.99	2	\$3.98	Breakfast	Eggs		
Old Thyme Bacon	\$5.99	1	\$5.99	Breakfast	Eggs	Yes - 3 strips for burgers	
Clementines	\$2.98	1	\$2.98	Dinner	Pork Sliders		
Pork Butt	\$1.29	6	\$7.73	Dinner	Pork Sliders		
Cola	\$2.99	1	\$2.99	Dinner	Pork Sliders		
Chipotle Pepper	\$1.99	1	\$1.99	Dinner	Pork Sliders		
Buns	\$3.29	2	\$6.58	Dinners	Pork Sliders		
Baked Beans	\$3.29	2	\$6.58	Dinner	Pork Sliders		
Peaches/Nectarines	\$0.98	5 lbs	\$4.90	Lunches	Protein Sampler		
Eggs (dozen)				Lunches	Protein Sampler	also snacks	
Marys gone crackers	\$2.50	1	\$2.50	Lunches	Protein Sampler		



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"Protein Sampler" Hardboiled eggs or turkey slices, sliced peaches or nectarines, crackers, and baby carrots (2 meals)							
<b>Weekday Dinners:</b>							<b>Recipes for each</b>
Pulled pork sliders with baked beans, side of clementines	Extra pulled pork and 4 extra buns for another meal						Place pork butt (fat side up) into very large baking dish or cast iron dutch oven. Salt and pepper liberally. Add one can of chipotle peppers with the adobo sauce, and two cans of Hansens cola. Cover with lid or foil. Bake at 400 degrees for at least 6 hours, or until easily shreddable and falling apart. Remove larger chunks of fat and bone and mix back into the liquid. Drain most liquid off and pile onto buns. Serve with side of baked beans. Clementines also on the side.
"Fast Fiesta" Reds Burritos with side of refried beans and guacamole	Two extra burritos for lunches						Follow directions to heat Red's burritos. Heat refried beans separately. For guacamole, cut avocados in half and remove pit and skin. Mash. Add one chopped tomato, half to a whole chopped onion, salt, pepper, and the juice of the lime. Keep one avocado pit in the bowl with the guacamole to keep it from browning quickly.
Bolognese pasta with broccoli							Save one tomato for guacamole. Rough chop tomatoes. Cook ground beef until cooked through and drain most of the fat. Add sauce and chopped tomatoes and simmer. Add cooked pasta and combine. Steam broccoli separately and either mix into pasta or serve on the side.
Cheeseburgers with a side of corn							Combine raw ground beef, salt and pepper into a bowl. Add garlic powder, worchestershire sauce, mustard, or other spices if desired. Shape into four equal sized patties and either grill on BBQ or pan cook in a little butter until cooked to desired tenderness. Serve on bun with condiments of choice and sliced cheese if desired. Strip and detassle corn while boiling water and add corn cut in half. Cook 2-3 minutes until slightly softened and bright yellow. Serve with butter and salt.

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Chicken breasts with rice and veggie of your choice	will have leftovers for another dinner						Salt and pepper chicken. Place some flour onto a plate and lightly coat chicken with flour. Tap off excess. Cook in one tbsp olive oil over medium high heat, 4-5 minutes per side until golden brown and cooked through. Serve with rice and side of steamed veggie of choice.