

	Mexican Monday	Pasta Tuesday	Chicken Wednesday	Slow-cooker Thursday	Fish Friday	Sanity-Saving Saturday	Sunday Funday
Week 1 Grocery List Menu	Turkey Tacos with rice	Cheeseless Pasta Bake and a side salad	Lemon Pepper Chicken , skillet potatoes and steamed carrot	Slow-cooker Curried Chicken with Ginger and Yogurt with steamed broccoli	Honey-Soy Glazed Salmon with Roasted Asparagus and Baked Sweet Potato Fries	Turkey loaf , Mashed Potatoes and Corn	Tangy Chicken Burgers with Tomato, Onion and Cucumber Salad
Week 2 Grocery List Menu	Black Bean, Spinach and Cheese Quesadillas with Cilantro Rice	Pasta with meat sauce with a side salad	Jessie's Chicken and Grain Salad with steamed broccoli	Tony's Slow-Cooker Chili with Cornbread	Fish Tacos with a side of Oven Roasted Corn	Chicken stir fry with brown rice	Turkey Stuffed Peppers with a side of fruit salad
Week 3 Grocery List Menu	Santa Fe Casserole with Steamed Asparagus	Garlic Penne Pasta with a side salad	Chicken with Grilled Peach and Chipotle Salsa with Sautéed Spinach	Pulled BBQ Chicken Sandwiches with Roasted Squash	Grilled Mahi Mahi with a side of Coconut Rice and Steamed Broccoli	Pork Tenderloin , with Au Gratin Potatoes and Peas	Italian Sausage with Peppers and Onions
Week 4 Grocery List Menu	Pork Fajitas and rice	Farfalle with Turkey Sausage, Peas and Mushrooms and steamed carrots	Chicken Pitas with Tzatziki with Greek Salad	Crockpot Santa Fe Chicken	Baked Cod with Asparagus	Chicken and Pea Risotto with steamed broccoli	Homemade Veggie Pizza with a side salad
Week 5 Grocery List Menu	Butternut Squash Enchiladas with steamed spinach	Easy Tomato Basil Cream Pasta with a side salad	Chicken with Quinoa and Peas	Easy Slow-Cooker Jambalaya	Blackened Tilapia with Buttered Carrots and Cornbread	Spicy Thai Peanut Sauce with Chicken and Rice	Tuna Mac and Cheese Bake with green beans
Week 6 Grocery List Menu	Quick and Easy Beef Burritos with Oven Roasted Corn	Pasta with Sausage and Tomatoes with steamed cauliflower	Grilled Chicken Breast with Mango Peach Salsa and a side salad	Slow-Cooker Beef Stew with steamed broccoli	Heavenly Halibut with Sweet Potato Fries and Steamed Carrots	Apricot-Glazed Ham with Potatoes and Asparagus	Sweet 'n' Sour Meatballs with Stir-fry Veggies

