

# Weekly Menu

Week of:

|                                                                                                                                                            |           |                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------|
| <b>Sunday</b><br><b>DAY OFF!</b> Last week's leftovers for lunch<br><br>*Plan Menu/Shopping List*<br>*Thaw gr beef for burgers                             | <b>E</b>  | Breakfast<br><a href="#">Leftover Baked Oatmeal</a> /real whipped cream for kids=crossover                          |
|                                                                                                                                                            | <b>?</b>  | Lunch<br>Leftovers from last week-reheat                                                                            |
|                                                                                                                                                            | <b>S</b>  | Snack Cheese & Ryvita Crackers                                                                                      |
|                                                                                                                                                            | <b>E</b>  | Dinner<br>Popcorn, Frappe/kids add scr. eggs                                                                        |
| <b>Monday</b><br>Kitchen Day:<br>*Stir together Easy Bread dough-E*<br>*Make Tzatziki Sauce & <a href="#">Greek Dressing Mix</a><br>*Stir together Tapioca | <b>S</b>  | Breakfast<br>Volcano Mudslide MIM p. 257/<br><a href="#">Granola bars</a> & fruit-kids                              |
|                                                                                                                                                            | <b>FP</b> | Lunch<br>BIG salad w/ salmon & frappe<br>PB&J's + fruit for kids                                                    |
|                                                                                                                                                            | <b>E</b>  | Snack Fresh peach over 1/2 c 0% GrYog                                                                               |
|                                                                                                                                                            | <b>S</b>  | Dinner<br><a href="#">Greek Burgers</a> & <a href="#">Tzatziki</a>                                                  |
| <b>Tuesday</b><br>*thaw chicken breasts & marinate cut up tomatoes, cukes & onions in Greek dressing*                                                      | <b>E</b>  | Breakfast<br>Tapioca Pudding p. 234 & peach<br>Kids-Granola bars & yogurt                                           |
|                                                                                                                                                            | <b>S</b>  | Lunch Leftover Greek Burgers                                                                                        |
|                                                                                                                                                            | <b>FP</b> | Snack Frappe p. 240                                                                                                 |
|                                                                                                                                                            | <b>E</b>  | Dinner<br>Bean Burritos + cheese for kids                                                                           |
| <b>Wednesday</b><br>*thaw 2# ground beef*                                                                                                                  | <b>S</b>  | Breakfast<br>Eggs & Sausage + fruit-kids                                                                            |
|                                                                                                                                                            | <b>E</b>  | Lunch<br>Burrito leftovers                                                                                          |
|                                                                                                                                                            | <b>FP</b> | Snack Strawberry Big Boy p. 242                                                                                     |
|                                                                                                                                                            | <b>S</b>  | Dinner <a href="#">Crock Pot Shredded Chicken</a> (FP), Broccoli, tomato/cuke salad <a href="#">Rasp Lemon Bars</a> |
| <b>Thursday</b>                                                                                                                                            | <b>FP</b> | Breakfast <a href="#">Lemon Yogurt</a> w/berries + granola bars for kids                                            |
|                                                                                                                                                            | <b>E</b>  | Lunch Leftover ckn in wrap, fruit                                                                                   |
|                                                                                                                                                            | <b>S</b>  | Snack Rasp. Lemon bar & Frappe                                                                                      |
|                                                                                                                                                            | <b>S</b>  | Dinner <a href="#">Meatloaf</a> , roasted cauliflower, cucumber tomato salad, leftover Rasp. Lemon bars             |
| <b>Friday</b><br>*get house clean & ready for weekend*<br>*Make a batch of berry syrup.<br>*thaw 1# ground beef.                                           | <b>E</b>  | Breakfast (serve leftovers on Sunday) Baked Oatmeal w/ fruit                                                        |
|                                                                                                                                                            | <b>S</b>  | Lunch Deep S salad w/Salmon                                                                                         |
|                                                                                                                                                            | <b>FP</b> | Snack Yogurt Berry Swirl                                                                                            |
|                                                                                                                                                            | <b>E</b>  | Dinner BBQ Ckn Pizza, salad, TT Ice Cream p. 368 in ice cream maker                                                 |
| <b>Saturday</b>                                                                                                                                            | <b>S</b>  | Brunch <a href="#">S pancakes</a> , <a href="#">berry syrup</a> , beef bacon, scrambled egg                         |
|                                                                                                                                                            | <b>E</b>  | Snack Fruit, Ryvita crackers & laughing cow cheese w/ lf lunch meat.                                                |
|                                                                                                                                                            | <b>S</b>  | Dinner<br><a href="#">Spaghetti Pie</a> , Greek salad                                                               |

## Shopping Lists

Normally, I have my list organized under each store that I usually shop, but for this application, I'll just list the special ingredients that I'd need for each day:

**Sunday:** Oatmeal recipe- (I'd make this the Friday before)

old fashioned oats, applesauce, egg whites, butter or coconut oil, xylitol or Truvia  
 -Whipping Cream, stevia/truvia (ground)  
 -Frozen Berries & gluccie for berry syrup-we always have this on hand for baked oatmeal.  
 -Sliced Cheese, Ryvita crackers, regular crackers for the kids, fruit for the kids  
 -Popcorn, Frappe ingredients, eggs, butter

**Monday:**

Breakfast: flax, egg, cocoa, stevia, frozen berries  
 Granola Bar Ingredients: oats, peanut butter, honey, nuts/dried fruit/mini chips  
 Lunch: prewashed salad, salmon fillet, FP salad dressing, bread, jelly, pb, fruit  
 Snack: 0% Greek yogurt, peaches  
 Dinner: Ground beef, sundried tomatoes, feta, yogurt, fresh or dried dill, cucumbers, garlic cloves, pitas or low carb wraps. Kids-regular wraps and 1/2 piece of fruit.  
 Kitchen Day: Greek mix: garlic, oregano, basil, onion, salt/pepper  
 Bread Dough: whole wheat flour, salt, yeast, unbleached flour (optional)

**Tuesday:**

Breakfast: Almond milk, chia seeds, vanilla, glucomannan, fresh peach, regular yogurt for kids  
 Lunch: Leftover Greek Burger w/ Tzatziki, Kids-can have sandwich if desired.  
 Snack: frappe for Mama, and cheese sticks/fruit for kids  
 Dinner: Refried beans, Greek Yogurt (for sour cream), salad fixins, salsa, low carb tortillas, cheese for kids.

**Wednesday:**

Breakfast: eggs, sausage  
 Snack: strawberries, frappe ingredients  
 Dinner: Chicken breasts, crushed tomatoes, spices, onion, lime, broccoli, tomatoes, cucumbers, onions in Italian dressing.  
 Dessert: almond flour, butter, eggs, lemons, Truvia/erythritol, raspberries

### **Thursday:**

Breakfast: 0% Greek yogurt, stevia, lemons, turmeric (opt.) fresh berries.

Lunch: low carb wraps, fruit

Dinner: 2# ground beef, cauliflower, oil, Greek dressing mix, parm. Cheese (for cauliflower)

### **Friday:**

Breakfast: oats, truvia or erythritol, applesauce, egg whites, berry syrup recipe

Lunch: Salmon patty, washed greens, cukes/tomatoes, good olive oil

Dinner: E bread recipe from Monday, top with pizza sauce, low fat motz, sliced red onions, and slow cooker chicken meat.

Follow [pizza instructions](#) here to bake.

### **Saturday:**

Breakfast: flax meal, ricotta cheese, eggs, beef bacon.

Snack: Ryvita crackers, laughing cow cheese, fruit

Dinner: Dreamfields spaghetti (or can sub spaghetti squash), spaghetti sauce, ground beef, eggs, parmesan cheese, motz. Cheese, salad greens, tomatoes, feta cheese, salad peppers, olives, Greek Dressing.