

# Weekly Menu

Week of:

<b>Sunday</b> <b>DAY OFF!</b> Last week's leftovers for lunch  *Plan Menu/Shopping List* *Thaw gr beef for burgers	<b>E</b>	Breakfast <a href="#">Leftover Baked Oatmeal</a> /real whipped cream for kids=crossover
	<b>?</b>	Lunch Leftovers from last week-reheat
	<b>S</b>	Snack Cheese & Ryvita Crackers
	<b>E</b>	Dinner Popcorn, Frappe/kids add scr. eggs
<b>Monday</b> Kitchen Day: *Stir together Easy Bread dough-E* *Make Tzatziki Sauce & <a href="#">Greek Dressing Mix</a> *Stir together Tapioca	<b>S</b>	Breakfast Volcano Mudslide MIM p. 257/ <a href="#">Granola bars</a> & fruit-kids
	<b>FP</b>	Lunch BIG salad w/ salmon & frappe PB&J's + fruit for kids
	<b>E</b>	Snack Fresh peach over 1/2 c 0% GrYog
	<b>S</b>	Dinner <a href="#">Greek Burgers</a> & <a href="#">Tzatziki</a>
<b>Tuesday</b> *thaw chicken breasts & marinate cut up tomatoes, cukes & onions in Greek dressing*	<b>E</b>	Breakfast Tapioca Pudding p. 234 & peach Kids-Granola bars & yogurt
	<b>S</b>	Lunch Leftover Greek Burgers
	<b>FP</b>	Snack Frappe p. 240
	<b>E</b>	Dinner Bean Burritos + cheese for kids
<b>Wednesday</b> *thaw 2# ground beef*	<b>S</b>	Breakfast Eggs & Sausage + fruit-kids
	<b>E</b>	Lunch 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> *get house clean & ready for weekend* *Make a batch of berry syrup. *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 <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.