## Dinner Menu Plan 2012 January 2012-December

#### Meal Plan by Day DAY MAIN SIDE #1 SIDE #2 OPTIONAL OPTIONAL OTHER ACTIVITIES SIDE #3 **MAIN #2** Salad Week1 Chicken Rice Monday Gluten-free Bacon Week1 Fruit Fruit Salad Toast Sausage Tuesday Pancakes smoothie Week1 Tacos Salad Salsa Cheese Wednesd ay Week1 Steak Roasted Salad Fruit Thursday Potatoes Pizza night Week Garlic Salad 1Friday bread Week 1 Clean out the fridge Saturday night Roast Rice Salad Week1 Green Sunday chicken Beans Week 2 Gluten-free Cheese & Broccoli Salad Leftover Pasta Sauce Chicken Monday Week 2 Salad Pickles Burgers Chips or and dogs Tuesday Homemade Fries Week2 Broiled Fish Rice Fruit Salad Salad Wednesd ay Week2 Corn Glazed Pork Salad Thursday Carrots Bread Week 2 Pizza night Garlic Salad Friday bread Week 2 Clean out Saturday the fridge night Week 2 Stir Fry Rice Salad

Sunday

Week3 Monday	Beef (brisket or roast)	Roasted Potatoes	Glazed Carrots	Salad		
Week3 Tuesday	Bone-in turkey breasts	Mashed Potatoes	Cranberry Sauce	Salad w/ pears and dried cranberries		
Week3 Wednesd ay	Leftovers					
Week3 Thursday	Sausage	Salad	Peppers and Onions		Gluten- free pasta	
Week3 Friday	Pizza night	Garlic bread	Salad			
Week 3 Saturday	Clean out the fridge night					
Week 3 Sunday	Rack of Lamb	Spinach Salad	Roasted Potatoes			
Week 4 Monday	Bone-in Chicken Breasts	Rice	Spinach Salad	Broccoli		
Week4 Tuesday	Burgers and hot dogs	Tater tots	Salad	Fruit Salad		
Week4 Wednesd ay	Tacos	Salad	Cheese	Salsa		
Week4 Thursday	Broiled Fish	Leftover Rice	Salad	Fruit Salad	Leftovers	
Week4 Friday	Pizza night	Garlic bread	Salad			
Week4 Saturday	Clean out the fridge night					
Week 4 Sunday	Roast Chicken	Rice	Green Beans	Cornbread		

# **Special Occasions 2012**

### **Special Meals**

OCCASION	MAIN	SIDE #1	SIDE #2	OPTIONAL SIDE #3	OPTIONAL SIDE #4	OPTIONAL MAIN #2	OTHER
Wedding Anniversary							
Aidan Birthday							
Emma Birthday							
Audrey Birthday							
Bob Birthday							
Easter							
Mother's Day							
Father's Day							
4th of July							
Kelly Birthday							
First Day of School							
Halloween							
Thanksgiving							
Nathan Birthday							
Christmas Eve							
Christmas Day							
New Year's Eve							

## **Grocery List** Weekly Meals + Lunch & Breakfast

$\checkmark$	GROCERY LIST	STORE	PRICE
	Organic Whole Milk-Gallon	Wegman's	\$5.49
	Coconut Milk Original	Wegman's	\$2.99
	Organic Half & Half	Trader Joe's	\$1.99
	Organic Butter (salted)	Wegman's	\$4.00
	Organic Yogurt Squeezers	Wegman's or Giant	\$2.89
	Organic Yogurt Cups	Wegman's or Giant	\$0.75
	Sharp Orange Cheddar Cheese	Wegman's	\$2.49
	'Sprinkly' Parmesan Cheese	Trader Joe's	\$3.50
	Cheese Sticks	Trader Joe's	\$4.00
	Organic Eggs	Wegman's	\$4.00
	Bread-White Whole Wheat Club Pack	Wegman's	\$2.29
	Udi's Gluten-free Sandwich bread	Wegman's or Trader Joes	\$4.99
	Udi's Gluten-free Muffins	Wegman's	\$4.99
	Rice Cakes	Trader Joe's	\$1.49
	Jelly	Trader Joe's	\$2.00
	Peanut Butter	Trader Joe's	\$4.00
	Fruit {seasonal plus check sale items}	Wegman's or Trader Joes	\$10.00
	Bananas	Wegman's or Trader Joes	\$2.00
	Avocado	Trader Joe's	\$4.00
	Lime & Lemon {loose}	Wegman's or Trader Joes	\$1.00
	Organic Potatoes {bagged}	Wegman's or Trader Joes	\$5.00
	Bagged Apples	Wegman's or Trader Joes	\$15.00
	Seasonal Veggies	Wegman's or Trader Joes	\$10.00
	Carrots	Wegman's or Trader Joes	\$3.00
	Salad	Wegman's or Giant	\$6.00
	Bagged Rice	Wegman's or Trader Joes	\$5.00
	Organic Meats {check for sale items}	Wegman's or Giant	\$25.00
	Bacon and Sausage	Trader Joe's or Giant	\$10.00
	Fish	Wegman's or Trader Joes	\$10.00
	Frozen Fruit	Trader Joe's	\$10.00
	Green Beans or Broccoli		\$3.00
	Baking Supplies including oil {list below}	Wegman's or Trader Joes	\$10.00
	Condiments {list below}	Wegman's or Trader Joes	\$15.00
	Frozen foods {list below}	Wegman's or Trader Joes	\$10.00
	Tortillas-corn & flour	Trader Joe's or Giant	\$4.00
	Organic Tortilla Chips	Wegman's	\$4.00
	Popcorn Kernels		\$3.00
	Crackers		\$4.00
	Nuts		\$5.00
	Dried Fruit		\$5.00
	Other Snacks {list below}		\$5.00

Cereal		
Oats		
Toilet Paper	Wegman's	\$15.00
Paper Towels	Target or Wegmans	\$10.00
Cleaners {List Below}	Target or Wegmans	\$5.00
Toiletries {list below}	Target	\$20.00