



MONDAY	Menu	Produce	Dairy & Refrigerated	Meat, Poultry & Fish	Frozen	Dry Good & Miscellaneous	Staples	Spices
	Slow Cooker Creole Chicken & Sausage	2 yellow onions	24 oz milk	1 lb chicken breast, boneless skinless	1 frozen peas	brown rice	brown sugar	cayenne
	Brown Rice	garlic	8 oz grated Parmesan	12 oz smoked Andouille sausage		red rice	flour	Creole seasoning
	Green Salad	2-3 lbs red potatoes	4 oz light sour cream	2 turkey tenderloins, around 1 1/2 lbs		whole-wheat breadcrumbs	vinegar	thyme
<b>TUESDAY</b>								
	Tuna Noodle Casserole	4 shallots		12 oz smoked brats or kielbasa		baguette or loaf of bread	sherry vinegar	bay leaves
		2 sweet potatoes		steak or meat to grill		1 whole-wheat egg noodles		paprika
		1 cranberry, bag				12 oz canned chunk light tuna		
<b>WEDNESDAY</b>								
	Turkey Tenderloin with Cranberry Shallot Sauce	3 celery, stalks				2 32 oz chicken stock, low-sodium		
	Mashed Sweet Potatoes	1 lb carrots				1 diced tomatoes, 15 oz		
	Roasted Brussels Sprouts	2 leeks, medium				1 tomato paste, 4 oz		
		8 oz mushrooms				1 tomato sauce, 4 oz		
<b>THURSDAY</b>								
	Bavarian Leek & Cabbage Soup	2 green bell peppers		<b>Liquor Store</b>		1 black beans, 15 oz		
	Garlic Bread	1 scallion, bunch		1/2 cup dry white wine		dried cranberries		
		1 lettuce, head		1 12 oz lager		almond butter		
<b>FRIDAY</b>								
	Grilled Steak with Chimchurri Sauce	1 lb Brussels sprouts						
	Roasted Cauliflower Steaks	1/2 green cabbage						
	Red Rice	1 kale or chard, bunch						
		1 jalapeno						
		1 cauliflower						
		thyme						
		oregano						
		parsley						