	BREAKFAST	LUNCH	DINNER	SHOPPING LIST			
			Red Beans & Rice	PRODUCE		DRY/BAKING	
				4 ears	corn	2	red beans & rice mix
4			Green Beans	1	lettuce	2	Jiffy corn bread
\Box			Cornbread	3	onion	1 box	macaroni & cheese
롲				1	tomato	⅓ C	bread crumbs
MONDAY	Cook the hidean because they are d			2 lb	potatoes, russet	1 pkg	taco seasoning mix
	Soak the kidney beans they need to soak for 8-12 hours.			1 sm	cabbage	1 can	refried beans
	to sour for o 12 flours.					1 box	Spanish Rice
			Leftov er			1 pkg	Oreo mint cookies (15.25 oz)
l ≿			Balsamic Pork			1	instant chocolate pudding (3.9 oz)
7			Potatoes & Corn				
S					MEAT		
TUESDAY			Biscuits	1 lb	white fish		
12			Leftover from Week 9 Meal Plan	1 lb	ground beef		
			Lellover Holli Week 5 Mear Flati	4	sausage (English, Irish, brats)		
$\overline{}$			Leftover	8 oz	bacon		
4							
\Box			Red Beans & Rice				
S			Green Beans				
3			Cornbread		FROZEN		PANTRY
WEDNESDAY			Combietta	1 bag	green beans		vegetable oil
Щ			Leftovers from Monday	1 bag	broccoli		salt
5				1 pkg	garlic toast		pepper
			Spam	1 sm	french fries		paprika
- ≽			Mac & Cheese	1	cool whip (8 oz)		lemon juice
<u> </u>					REFRIGERATED		taco sauce
THURSDAY			Broccoli		eggs (2)		bay leaves
15			Garlic Toast	1	grand biscuits (8)		milk
壬					cheddar cheese, shredded		white vinegar
F				1 pkg	cream cheese (8 oz)		All-purpose flour
					heavy cream		sugar
			Country Oven Fried Fish				baking soda
>			Oven Fries				mint extract
⋖			Corn on Cob		CANNER		green food coloring
FRIDAY			00 0		CANNED		
铣				10	SPAM		
-				16 oz	beef stock		
			Beefy Flat Bread				
I≽							
2			Spanish Rice				
~			Tortilla Chips				
SATURDA							MISCELLANEOUS
4							MISCELEANEOUS
Ŝ							
			Bangers & Mash				
>-			Cabbage		BREAD/BAKERY		
SUNDAY			Irish Soda Bread				
\exists							
5			Mint Chocolate Lasagna				
S							