



WEEK OF: November 4-10

# Menu Plan

	LUNCH	DINNER
Mon	 <p><b>Tomato and Roasted Garlic Soup</b> Pair this delicious soup with your choice of crackers or a quick grilled cheese sandwich.</p>	 <p><b>Cheese Ravioli with Chunky Tomato Sauce</b> Add a salad and garlic bread for a full meal.</p>
Tue	 <p><b>Southern Tuna Salad</b> Serve tuna salad as a sandwich with lettuce and tomato, or simply with crackers on the side.</p>	 <p><b>Carne Asada Tacos</b> The most delicious tacos ever! A side of refried beans or black beans is perfect with these.</p>
Wed	 <p><b>Air Fryer Taco Burgers</b> A quick and easy favorite served with tortilla chips and salsa to dip them into.</p>	 <p><b>Pepperoni Pizza Grilled Cheese</b> I think this is a great option for nights when you don't want to spend much time in the kitchen.</p>
Thu	 <p><b>Black and White Bean Soup</b> A really good meatless soup made in minutes!</p>	 <p><b>American Goulash</b> This recipe is a classic for a reason! Kids of all ages love goulash.</p>
Fri	 <p><b>BLAT Wrap</b> Bacon, lettuce, avocado, and tomato. Need I say more?</p>	 <p><b>Tilapia Veracruz</b> This easy recipe features tilapia in a flavorful sauce made with tomatoes, capers, olives, white wine, and fresh herbs.</p>
Sat	 <p><b>Southern Pimiento Cheese</b> A Southern staple! Serve it with chips and a spear of pickled okra on the side.</p>	 <p><b>Steak Sandwich with Grilled Onions</b> Perfect Saturday night dinner!</p>
Sun	 <p><b>My Favorite Greek Salad</b> I enjoy this salad year-round. The flavors blend perfectly and the dressing is delicious!</p>	 <p><b>Butter Roasted Chicken</b> A classic choice for Sunday dinner. Serve it with almost anything -- green beans, potatoes, broccoli...whatever you like.</p>



# Shopping List

All-purpose flour	1.33 tablespoons
Apple	½ medium
Arugula	2 cups
Avocado	1
Bacon	8 slices
Basil, dried	1 ¼ teaspoons
Basil, fresh	4 large leaves
Beef broth	14.5 ounces
Bell pepper	1 ½
Black beans, canned	14.5 ounces
Black olives, sliced	4 tablespoons
Butter	10 tablespoons
Cannellini (or Navy) beans, canned	14.5 ounces
Capers	2 tablespoons
Carrot	1
Celery	2 ribs
Cheese ravioli (fresh or frozen)	9 ounces
Chicken broth	2 cups
Chicken, whole	4 pounds
Ciabatta buns	4
Cucumber	2
Diced tomatoes, canned	44 ounces (3 cans)
Dijon mustard	4 tablespoons
Dry white wine	1 cup
Elbow macaroni	1 1/3 cups
Feta cheese	8 ounces
Fire roasted diced tomatoes, canned	29 ounces (2 cans)
Flank (or skirt) steak	11 ounces
Garlic	3 heads
Ground beef	1 pound, 11 ounces
Hamburger buns	4
Kalamata olives	1 ¼ cups
Lemon	2
Lime juice	¼ cup
Lime ponzu sauce	1/3 cup
Mayonnaise	2 cups
Mozzarella cheese (sliced or grated)	8 ounces
New york strip steak	24 ounces
Olive oil	1 ½ cups
Onion, red	1
Onion, yellow	7 medium
Oregano, dried	4 1/3 teaspoons
Parmesan cheese	10 tablespoons
Parsley, fresh	2 tablespoons
Pepperoncini	24
Pepperoni, thinly sliced	8 ounces

Pimiento, diced	4 ounces
Pizza sauce	½ cup
Plum (Roma) tomatoes	4
Red pepper flakes	½ teaspoon
Red wine vinegar	¼ cup
Romaine lettuce	18 ounces
Salami	1 pound
Salsa	¼ cup
Seasoned salt	1 teaspoon
Sharp Cheddar cheese	12 ounces
Smoked paprika	1 teaspoon
Sour cream	8 tablespoons
Stuffed green olives	1/3 cup
Sweet pickle relish	3 tablespoons
Taco seasoning mix	1 tablespoon
Thyme leaves, fresh	1 teaspoon
Tilapia fillets	1.5 pounds
Tomato	2 medium
Tomato paste	1 tablespoon
Tomato sauce	10 ounces
Tortillas (flour or corn)	4
Tuna (in oil)	10 ounces
Whole grain mustard	2 tablespoons
Whole grain wraps	2
Whole plum tomatoes, canned	14.5 ounces
Whole wheat bread	8 slices