










## December 9-15

# Meal Plan

Mon	 <p><b><u>Gnocchi with Tomato Sauce</u></b> Any time you need a quick recipe for supper, try Gnocchi with Tomato Sauce. It's soft, pillowy gnocchi in a rich tomato sauce, topped with gooey mozzarella cheese. Kids love it!</p>	<p style="text-align: center;"><b>BREAKFAST IDEAS</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Herbed Baked Eggs</a></li> <li>• <a href="#">Ham &amp; Egg Breakfast Sandwich</a></li> <li>• <a href="#">Broiled Grapefruit</a></li> </ul>
Tue	 <p><b><u>Turkey Taco Salad</u></b> Taco Tuesdays take a healthy turn with this Turkey Taco Salad with Cilantro Lime Dressing.</p>	
Wed	 <p><b><u>Huevos and Grits (Grits Rancheros)</u></b> Let's have breakfast for dinner! A combination that showcases the best of southern U.S. breakfasts with a delicious southwestern flair.</p>	<p style="text-align: center;"><b>LUNCH IDEAS</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Caprese Grilled Cheese</a></li> <li>• <a href="#">BLAT Wraps</a></li> <li>• <a href="#">Herbed Egg Salad</a></li> </ul>
Thu	 <p><b><u>Baked Ziti</u></b> Super comforting American-Italian food that everyone will love! It's easy to make and is even better the second day!</p>	
Fri	 <p><b><u>Tuna Noodle Casserole</u></b> A classic combination of tuna, peas, and pimiento with egg noodles and sour cream. A family favorite!</p>	<p style="text-align: center;"><b>SNACK &amp; DRINK IDEAS</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Mocha Eggnog Sundae</a></li> <li>• <a href="#">Sausage Balls</a></li> <li>• <a href="#">Baked Buffalo Wings</a></li> </ul>
Sat	 <p><b><u>Black Beans and Rice</u></b> This delicious twist on a classic combines black beans and rice with flavorful ham and vegetables.</p>	
Sun	 <p><b><u>Real Simple Fried Chicken</u></b> Making fried chicken doesn't have to be complicated. Learn how to make simple, authentic fried chicken with my quick and easy recipe. Perfect for a family dinner or special occasion!</p>	





# Shopping List

Avocado	1
Bacon	4 ounces
Basil, fresh	3 tablespoons
Black beans, canned	30 ounces (2 cans)
Butter	5 tablespoons
Celery	3 ribs
Celery seed	1 teaspoon
Cheddar cheese	4 tablespoons
Cherry tomatoes	8 ounces
Chicken (for frying)	3-4 pounds
Chives, fresh	1 bunch
Cilantro, fresh	2 tablespoons
Corn, canned	5 ounces
Cream of mushroom soup	10.5 ounces
Diced tomatoes with juice, canned	29 ounces (2 cans)
Egg noodles, medium	2 cups
Eggs	4
Garlic	10 cloves
Garlic powder	1 teaspoon
Gnocchi	1 pound
Green peas, frozen	1 cup
Ground beef	1 1/2 pounds
Ham, cooked and diced	8 ounces
Limes	2
Marinara sauce	24 ounces
Mayonnaise	1/2 cup
Mozzarella cheese	20 ounces
Olive oil	5 tablespoons
Onion	3
Oregano, dried	1 1/2 teaspoons
Parmesan cheese	6 ounces
Peanut oil	
Pimiento	2 tablespoons
Plum tomatoes with juice, canned	14.5 ounces
Red bell pepper	1/2
Red onion	1 cup
Red wine vinegar	1/4 cup
Rice	1 cup
Romaine lettuce	1 head
Salsa	1 cup
Saltine crackers, crumbled	1 cup
Self-rising flour	About 1 1/2 cups
Sour cream	1/2 cup
Tabasco sauce	10 dashes

Taco seasoning	3 ounces
Thyme, fresh	4 stalks
Tomato, fresh	1
Tortilla strips	1 cup
Tuna, canned and packed in oil	12 ounces
Turkey, ground	1 pound
Ziti	1 pound

