

## MONDAY



Philly Cheesesteak  
Sloppy Joes With  
Side of Broccoli

## WEDNESDAY



Breakfast for Dinner:  
Mini Apple, Bacon  
and Sweet Potato  
Casseroles

## FRIDAY



Homemade Chicken  
Tenders With Everything  
Bagel Seasoning  
Served Over Salad

## GROCERIES

Nonstick cooking spray  
1 pound lean ground beef  
1 pound chicken tenders  
5 ounces mixed baby greens  
10 slices bacon  
8 large eggs  
4 (6-inch) whole wheat sub rolls  
4 slices provolone cheese  
1 (10-ounce) sweet potato  
3 cups broccoli  
2 cups chopped cooking apples  
1 cup tomato sauce (no salt added)  
1 cup sautéed peppers and onions  
3/4 cup fat-free milk  
3/4 cup shredded cheddar cheese  
1/2 cup whole wheat panko  
breadcrumbs  
1/2 cup chopped white onions  
1/4 cup grapeseed or canola oil  
2 tablespoons all purpose flour

2 tablespoons extra virgin olive oil  
1 tablespoon everything bagel  
seasoning  
1 tablespoon white wine vinegar  
2 teaspoons fresh thyme or 1/2  
teaspoon dried thyme  
2 teaspoons organic canola or  
avocado oil  
1 teaspoon Dijon mustard  
1 teaspoon honey  
1 teaspoon dried oregano  
1/4 teaspoon salt  
3/8 teaspoon ground pepper

TUESDAY, THURSDAY  
AND THE WEEKEND

- Use your leftovers
- Chicken tender subs (extra rolls needed)
- Steak and eggs (leftover ground beef and extra eggs)