

## Start at Home's Bi-Weekly Meal Plan

<b>Main Dish</b>	<b>Side</b>	<b>Veggie</b>
<b>Ham Fried Rice</b>	Egg Drop Soup	Egg Roll
<b>Loaded Baked Potato</b>	Chili and Cheese	Steamed Broccoli
<b>Enchiladas</b>	Black Beans	Salad
<b>Chicken Tacos</b>	Rice and Beans	Salad
<b>Cashew Chicken</b>	Rice	Steamed Asparagus
<b>Cornflake Chicken</b>	Pasta salad	Steamed peas
<b>Ham Steak w/ Evaporated Milk</b>	Mashed Potatoes	Steamed Broccoli
<b>Beef Stew</b>	Corn Bread	Carrots in the stew
<b>Chili</b>	Donuts	
<b>Steak</b>	Steak fries	Steamed Asparagus
<b>Ribs</b>	Potato Salad	Salad
<b>Spaghetti</b>	Bread Sticks	Salad
<b>Leftovers</b>		

## Start at Home's Shopping list

Shopping List			
<b>PRODUCE</b>			
<b>Potatoes</b>	for: loaded potatoes, steak fries, mashed potatoes, potato salad		
<b>Broccoli</b>	2 meals		
<b>Asparagus</b>	2 meals		
<b>Sugar Snap Peas</b>	1 meal		
<b>Carrots</b>	1 meal - beef stew		
<b>Salad packs (3)</b>	3 meals		
<b>Bell peppers</b>	For: chili, taco salad and chicken tacos		
<b>Green onions</b>	For: cashew chicken		
<b>Lettuce for tacos</b>	1 meal		
<b>GRAINS</b>			
<b>Tortillas (2 meals)</b>	For: Enchiladas, chicken tacos		
<b>Bread Sticks</b>	1 meal		
<b>Rice</b>	For: Ham fried rice, cashew chicken, chicken tacos		
<b>Corn Bread Mix</b>	1 meal		
<b>CANNED GOODS</b>			
<b>Evaporated Milk</b>	1 can		
<b>Chili</b>	1 meal: for loaded potatoes		
<b>Black beans</b>	1 meal		
<b>Chili beans</b>	2 16 Oz cans		
<b>MEAT</b>			
<b>Hamburger</b>	For: chili and taco salad		
<b>Steaks</b>	1 meal		
<b>Ribs</b>	1 meal		
<b>Ham Steaks (2)</b>	For: ham steak dinner and ham fried rice		
<b>Chicken Breasts</b>	For: Enchiladas, chicken tacos, cashew chicken, corn flake chicken		
<b>Beef Stew</b>	1 meal		
<b>Eggs</b>	For: ham fried rice, Cornflake Chicken		

Shopping List			
<b>OTHER ITEMS</b>			
<b>Cornflakes</b>			
<b>Cashews</b>			
<b>Butter</b>	For: baked potato		
<b>Sour Cream</b>	For: baked potato		
<b>Pasta</b>	For: pasta salad		
<b>Italian dressing</b>	For: pasta salad		
<b>Pepperoni</b>	For: pasta salad		
<b>Egg rolls</b>	I buy a box of them		
<b>Corn Starch</b>	Egg drop soup		