

# The Menu

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Day 1</b>	Instant Pot Oatmeal + Bananas	Hummus + Veggie Sticks	Baked Chicken // Corn on the Cob // Baked Potatoes
<b>Day 2</b>	Potato + Egg Hash	Tuna Salad on Homemade Crackers	Savory Pasta with Bacon, Onions, and Greens
<b>Day 3</b>	Instant Pot Oatmeal + Bananas	Peanut Butter Sandwiches + Fruit	Garden Salad with Chicken + Bacon
<b>Day 4</b>	Instant Pot Oatmeal + Bananas	Hummus + Veggie Sticks	Minestrone Soup // Basic Biscuits
<b>Day 5</b>	Potato + Egg Hash	Tuna Salad on Homemade Crackers	Chicken Sandwiches // Roasted Potato Wedges // Carrots
<b>Day 6</b>	Toast + Apples	Egg Salad Biscuits	Spaghetti + Sauce // Side Salad
<b>Day 7</b>	Instant Pot Oatmeal + Bananas	Peanut Butter Sandwiches + Fruit	Vegetable Fried Rice

# The Shopping List

## Cold Case

<input type="checkbox"/> butter	18 tbsp + 8 tsp	<input type="checkbox"/> egg	14
<input type="checkbox"/> butter (optional)	4 tbsp	<input type="checkbox"/> milk (any)	0.75 cup
<input type="checkbox"/> cheese	4 slices	<input type="checkbox"/> Parmesan (optional)	4 tbsp + 1 oz

## Frozen

<input type="checkbox"/> frozen mixed vegetables (peas, carrots, corn, etc)	2 cups
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## Meat

<input type="checkbox"/> bacon	1 lb	<input type="checkbox"/> chicken	3 lb
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## Pantry

<input type="checkbox"/> active dry yeast	2.25 tsp	<input type="checkbox"/> olive oil	14 tbsp + 2 tsp
<input type="checkbox"/> all-purpose flour	7.50 cups	<input type="checkbox"/> peanut butter	1.25 cup
<input type="checkbox"/> baking powder	2.50 tsp	<input type="checkbox"/> peanut butter (optional)	1 cup
<input type="checkbox"/> buffalo sauce (optional)	4 tbsp	<input type="checkbox"/> pita pockets* (optional)	8
<input type="checkbox"/> can cannellini beans*	1 (15 oz)	<input type="checkbox"/> raisins	4 tbsp
<input type="checkbox"/> can chickpeas*	3 (15 oz)	<input type="checkbox"/> rolled oats	8 cups
<input type="checkbox"/> can diced tomatoes	1 (15 oz)	<input type="checkbox"/> salad dressing*	1 cup
<input type="checkbox"/> can tuna	4 (5 oz)	<input type="checkbox"/> small pasta (macaroni, shells, elbows, etc.)	8 oz
<input type="checkbox"/> chicken stock or broth*	4 cups	<input type="checkbox"/> soy sauce or aminos	2 tbsp
<input type="checkbox"/> coconut oil	2 tbsp	<input type="checkbox"/> spaghetti noodles	24 oz
<input type="checkbox"/> flour	3 cups	<input type="checkbox"/> sugar	2 tbsp
<input type="checkbox"/> honey or maple syrup (optional)	1 cup	<input type="checkbox"/> sunflower seeds	0.25 cup
<input type="checkbox"/> lemon juice	2 tbsp	<input type="checkbox"/> tomato basil sauce*	24 oz
<input type="checkbox"/> mayo*	0.75 cup	<input type="checkbox"/> white rice	2 cups

## Produce

<input type="checkbox"/> apple	2	<input type="checkbox"/> iceberg lettuce	1 head
<input type="checkbox"/> baby carrots	1 lb	<input type="checkbox"/> kale	2 cups
<input type="checkbox"/> banana	4 cups	<input type="checkbox"/> kale or other greens	1 lb
<input type="checkbox"/> bell pepper (any)	3	<input type="checkbox"/> lettuce leaves (optional)	4
<input type="checkbox"/> carrot	7	<input type="checkbox"/> onion	3
<input type="checkbox"/> celery	7 ribs	<input type="checkbox"/> onion (optional)	0.5
<input type="checkbox"/> cherry tomatoes	1 pt	<input type="checkbox"/> russet potato	12
<input type="checkbox"/> cucumber	5.5	<input type="checkbox"/> seasonal fruit (fresh)	1 lb
<input type="checkbox"/> ear of corn	4	<input type="checkbox"/> tomato	1
<input type="checkbox"/> garlic	6 cloves	<input type="checkbox"/> tomato (optional)	1
<input type="checkbox"/> green leaf lettuce	1 head		

## Spices

<input type="checkbox"/> bay leaf	1	<input type="checkbox"/> Italian seasoning*	1 tsp
<input type="checkbox"/> cayenne (!)	0.50 tsp	<input type="checkbox"/> paprika	0.13 tsp
<input type="checkbox"/> coriander	1 tsp	<input type="checkbox"/> pepper	3.50 tsp
<input type="checkbox"/> cumin	2.50 tsp	<input type="checkbox"/> sage	1 tbsp
<input type="checkbox"/> garlic powder	0.25 tsp	<input type="checkbox"/> salt	10.50 tsp
<input type="checkbox"/> ginger	1 tbsp	<input type="checkbox"/> salt (optional)	2.25 tsp

*\*These items can be made from scratch to reduce costs. Check the links in the recipes below or visit [DontWastetheCrumbs.com](https://DontWastetheCrumbs.com) and type the item in the search bar.*