

WEEKLY MEALS

CROCK POT/SLOW COOK



Easy Pork Carnitas

MEAT-LESS



Quinoa Salad

UNDER 15 MINUTES



Sheet Pan Greek Vinaigrette Salmon

ONE PAN ONLY



Sloppy Joe skillet

ALL AHEAD PREP



Chicken Divan

GROCERY LIST

VEGGIES/FRUITS

- ½ cup fresh orange juice
- ¾ cup fresh lime juice + 1 lime
- 1 T fresh lemon juice
- 11 cloves garlic
- 3 T cilantro
- 1 T chives
- Fresh parsley
- 2 red onion
- 3 onion
- 3 bell pepper
- 1 cucumber
- 1 cup cherry tomatoes
- 2 russet potatoes
- 10-12 oz broccoli
- 2 stalks celery

MEAT/PROTEIN/DAIRY

- 4 pounds pork shoulder
- 1 pound chicken breast
- 1 pound of salmon filets
- 1 pound ground beef
- 2 cup cheddar cheese
- ¼ cup feta cheese
- ½ cup cotija cheese
- ½ cup goat cheese
- 6 T unsalted butter
- ½ cup sour cream
- 1 cup milk

DRY GOODS

- 6 oz. beer
- 8 corn tortillas
- 3 cups quinoa
- ¼ cup cranberries
- ½ teaspoon dijon mustard
- 1 tsp honey
- ¼ cup black olives
- 1 T capers
- 2 T worcestershire sauce
- 1 can condensed cream of chicken soup
- 1 cup bread crumbs
- 1 cup parm cheese
- 1 T taco seasoning
- 2 T avocado oil

GROCERY STAPLES

- Salt
- Pepper
- ¼ cup red wine vinegar
- BBQ sauce
- Ketchup
- Olive oil

SPICE CUPBOARD

- 1 T chili powder
- 1 T ground cumin
- 2 ½ teaspoon dried oregano
- 1 t mustard powder
- ½ t garlic powder
- 1 bay leaf