

WEEKLY MEALS

CROCK POT/SLOW COOK



Roast Beef Hash

MEAT-LESS



Easy Cheesy Tortellini Bake

UNDER 15 MINUTES



Pork Fried Rice

ONE PAN ONLY



Pesto Chicken and Vegetables

ALL AHEAD PREP



Sweet Lemon Shrimp

GROCERY LIST

VEGGIES/FRUITS

- 2 sweet onion
- Flat leaf parsley
- 1 lb. green beans
- 2 cups cherry tomatoes
- 4 lemons
- Cilantro (optional)

FROZEN

- 28 oz. bag Frozen potatoes with onions and peppers
- 1 bag frozen corn or peas
- ½ cup frozen veggies

MEAT/PROTEIN/DAIRY

- 2 lb. beef top round steak
- 1 lb. Cheese tortellini
- 1 cup mozzarella cheese
- 4 oz. fresh sliced mozzarella cheese
- 2 eggs
- 8 oz. ground pork
- 4 chicken thighs (boneless, skinless)
- 1 ½ pound shrimp (medium, peeled, deveined)

DRY GOODS

- 1 package brown gravy mix
- 24 oz. jar marinara sauce
- 2 cups white or brown rice
- 2 Tablespoons soy sauce
- 1 teaspoon sesame oil
- ½ cup basil pesto
- ⅓ cup Hoisin sauce
- ¼ cup honey

GROCERY STAPLES

- Salt and pepper
- Water
- Vegetable oil