

WEEKLY MEALS

CROCK POT/SLOW COOK



Roast Beef Hash

MEAT-LESS



Easy Cheesy  
Tortellini Bake

UNDER 15 MINUTES



Pork Fried Rice

ONE PAN ONLY



Creamy Garlic  
Chicken Skillet

ALL AHEAD PREP



Sweet Lemon  
Shrimp

GROCERY LIST

VEGGIES/FRUITS

- ☐ 3 large cloves garlic
- ☐ 1/2 cup Lemon Juice (freshly squeezed)
- ☐ 1 lemon Lemon Zest
- ☐ 2 T Cilantro
- ☐ 1 small Yellow Onion
- ☐ 1/4 cup Flat Leaf Parsley
- ☐ 1 large Sweet Onion
- ☐ 2 cups fresh spinach

MEAT/PROTEIN/DAIRY

- ☐ 1 pound chicken cutlets
- ☐ 1 1/2 pound Shrimp (medium, peeled and deveined)
- ☐ 8 ounces Ground Pork
- ☐ 2 lb. Beef top round steak
- ☐ 1 cup Mozzarella Cheese
- ☐ 4 oz. Fresh Mozzarella Cheese
- ☐ 1/2 cup heavy cream
- ☐ 2 Eggs

DRY GOODS

- ☐ 1/2 cup dry white wine
- ☐ 1/3 cup Hoisin Sauce
- ☐ 1/4 cup Honey
- ☐ 3 T Vegetable Oil
- ☐ 2 cups White or Brown Rice (cooked and cold)
- ☐ 2 T Soy Sauce
- ☐ 1 tsp Sesame Oil
- ☐ 1 lb. Cheese tortellini
- ☐ 24 oz. jar Marinara sauce
- ☐ 1 package Brown Gravy Mix

GROCERY STAPLES

- ☐ Salt and pepper
- ☐ Olive Oil

FROZEN

- ☐ 3 1/2 cups Frozen potatoes (O'Brien with onions and peppers (from 28-oz bag))
- ☐ 1 cup Frozen Peas or corn
- ☐ 1/2 cup Frozen Vegetables (peas and carrots)

# WEEKLY MEAL PLAN

## WEEKLY MEALS

RECIPE #1

RECIPE #2

RECIPE #3

RECIPE #4

RECIPE #5

## GROCERY LIST

VEGGIES/FRUITS

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MEAT/PROTEIN/DAIRY

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DRY GOODS

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GROCERY STAPLES

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SPICE CUPBOARD

- ☐
- ☐
- ☐
- ☐
- ☐