

CROCK POT/SLOW COOK



Lazy Lasagna
Soup

MEAT-LESS



Vegan Mac and
Cashew Cheese

UNDER 15 MINUTES



Sheet Pan Shrimp
Oreganata

ONE PAN ONLY



Sun-Dried Tomato
Chicken Bake

ALL AHEAD PREP



Spinach Artichoke
Chicken Casserole

VEGGIES/FRUITS

- ☐ 1 Yellow Onion
- ☐ 5 large Carrots
- ☐ 1 Small Sweet Potato
- ☐ 4 Lemons
- ☐ 9 Clove Garlic
- ☐ 1 Lemon
- ☐ 2 Tbsp Fresh Parsley

MEAT/PROTEIN/DAIRY

- ☐ 3 pounds Chicken Breast (boneless, skinless)
- ☐ 2 pounds Jumbo Shrimp (Peeled, Deveined & Butterflied)
- ☐ 1 pound Ground Turkey
- ☐ Shredded Mozzarella or Ricotta Cheese for serving
- ☐ 1 cup grated Parmesan Cheese
- ☐ 16 oz. Cottage Cheese
- ☐ 1/2 cup finely shredded Mozzarella Cheese

DRY GOODS

- ☐ 2 T Balsamic Vinegar
- ☐ 2 cups Marinara Sauce
- ☐ 3 cups Chicken Broth
- ☐ 6 oz. Lasagna Noodles
- ☐ 1/4 Cup Nutritional Yeast
- ☐ 1 1/2 Cup Whole Raw Cashews
- ☐ 1 tsp Mustard (Spicy Brown Or Yellow)
- ☐ 16 Oz Pasta of Choice
- ☐ 2 T Dry White Wine
- ☐ 6 T Panko Bread Crumbs
- ☐ 8oz jar Sun-Dried Tomatoes
- ☐ 1 tsp Avocado or Olive Oil
- ☐ 1 - 16 oz. Canned Artichoke Hearts

FROZEN

- ☐ 16 ounces Spinach (chopped)

GROCERY STAPLES

- ☐ Salt and Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ 1/2 tsp Chili Powder
- ☐ 1/4 tsp Ground Turmeric
- ☐ Paprika (For Garnish)
- ☐ 1/4 tsp Crushed Red Pepper
- ☐ 1/4 tsp Dried Oregano
- ☐ 2 T Dried Basil
- ☐ 1/4 tsp Onion Powder

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

- ☐
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- ☐
- ☐
- ☐