

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow Cooker
Beef Stew

MEAT-LESS



Farro Salad with
Roasted Root
Vegetables

UNDER 15 MINUTES



Sheet Pan Garlic
Herb Butter
Shrimp

ONE PAN ONLY



Pork Chops with
Apples and Bacon

ALL AHEAD PREP



Simple Chicken
Enchiladas

GROCERY LIST

VEGGIES/FRUITS

- ☐ 5 Yellow Onions
- ☐ 10 cloves Garlic
- ☐ 8 medium Carrots
- ☐ 1 lb. Baby Gold Yukon Potato
- ☐ 1 cup Frozen Peas
- ☐ 1 sprig Rosemary
- ☐ 3 medium Parsnips
- ☐ 1 1/2 cups Celery root
- ☐ 1/4 cup Flat Leaf Parsley
- ☐ 1 large lemon
- ☐ 2 Tbsp Fresh Parsley
- ☐ 2 sprigs Sage
- ☐ 2 large Shallots
- ☐ 3 small Fuji apples
- ☐ 1 Bell Pepper
- ☐ 1 Zucchini

MEAT/PROTEIN/DAIRY

- ☐ 2 1/2 pounds Stew Meat
-- Chuck roast, rump roast, or bottom rounds
- ☐ 1-1/2 lbs Shrimp
-- Peeled, deveined + tail off
- ☐ 4 Pork Chops
-- Bone-in rib-cut, about 1" thick
- ☐ 4 slices Bacon
- ☐ 2 Chicken Breasts
- ☐ 1 Cup Shredded Cheddar Cheese
- ☐ 7 T Butter

DRY GOODS

- ☐ 3 T Red Wine Vinegar
- ☐ 1 1/2 cup pearled Farro
- ☐ 1 cup Red wine
- ☐ 4 cups Beef Broth
- ☐ 2 cubes Beef Bouillon
- ☐ 2 T Worcestershire Sauce
- ☐ 3 T Tomato Paste
- ☐ 3 T Cornstarch
- ☐ 2 Bay Leaves
- ☐ 1/2 t Garlic Salt
- ☐ 1/2 t Celery Salt
- ☐ 1/4 tsp Crushed Red Pepper
- ☐ 1 cup Apple Cider
- ☐ 2 T Dijon Mustard
- ☐ 1 Cup Salsa
- ☐ 1 -15 Oz Can Enchilada Sauce
- ☐ 1 Can Chopped Green Chiles
- ☐ 8 Flour or corn Tortillas

GROCERY STAPLES

- ☐ Olive Oil
- ☐ Salt
- ☐ Pepper
- ☐ Ketchup
- ☐ All Purpose Flour
- ☐ 1 tsp Italian Seasoning
- ☐ 1 tsp Garlic Powder