

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