

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow cooker
Spaghetti
Bolognese

MEAT-LESS



Creamy cashew black
bean mushroom
enchiladas

UNDER 15 MINUTES



15-minute Garlic
Butter Chicken
Thighs

ONE PAN ONLY



Cheesy Chicken
Sausage and
Pasta Skillet

ALL AHEAD PREP



Balsamic glazed
salmon

GROCERY LIST

VEGGIES/FRUITS

- ☐ 4 sweet onions
- ☐ 3 carrots
- ☐ 4 stalks celery
- ☐ 19 cloves garlic
- ☐ 1 pound + 3 cups button mushrooms
- ☐ Fresh rosemary
- ☐ ¼ red onion
- ☐ 1 jalapeno
- ☐ 2 avocados
- ☐ Cilantro - for toppings

MEAT/PROTEIN/DAIRY

- ☐ 12 pieces bacon
- ☐ 3 lbs ground beef (or pork)
- ☐ Parmesan cheese - shredded
- ☐ 4 salmon fillets
- ☐ 2-½ lbs chicken thighs
- ☐ 4 T unsalted butter
- ☐ 1 pound chicken sausage
- ☐ 2 cups italian blend shredded cheese

DRY GOODS

- ☐ 4 cans (14 oz.) diced tomatoes
- ☐ 6 T tomato paste
- ☐ 1 large glass red wine
- ☐ 4 T red wine vinegar
- ☐ Pasta of choice (8 oz. plus enough for 4 servings)
- ☐ 1 ¼ cup Chicken broth
- ☐ Honey
- ☐ Dijon mustard
- ☐ ½ cup whole cashews
- ☐ 2 cups black beans
- ☐ 8 corn tortillas
- ☐ 1 cup Vegetable broth
- ☐ 1 cup tomato sauce
- ☐ 1 can chipotle pepper in adobo sauce
- ☐ 1 can (14.5 oz) canned crushed tomatoes

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil
- ☐ Sugar

SPICE CUPBOARD

- ☐ Paprika
- ☐ Ground cumin
- ☐ Garlic powder
- ☐ Crushed red pepper
- ☐ 2 bay leaves
- ☐ 2 T Mixed herbs