

WEEKLY MEALS

CROCK POT/SLOW COOK



Easy Pork Carnitas

MEAT-LESS



Quinoa Salad

UNDER 15 MINUTES



Sheet Pan Greek Vinaigrette Salmon

ONE PAN ONLY



Sloppy Joe skillet

ALL AHEAD PREP



Chicken Divan

GROCERY LIST

VEGGIES/FRUITS

- ☐ ½ cup fresh orange juice
- ☐ ¾ cup fresh lime juice + 1 lime
- ☐ 1 T fresh lemon juice
- ☐ 11 cloves garlic
- ☐ 3 T cilantro
- ☐ 1 T chives
- ☐ Fresh parsley
- ☐ 2 red onion
- ☐ 3 onion
- ☐ 3 bell pepper
- ☐ 1 cucumber
- ☐ 1 cup cherry tomatoes
- ☐ 2 russet potatoes
- ☐ 10-12 oz broccoli
- ☐ 2 stalks celery

MEAT/PROTEIN/DAIRY

- ☐ 4 pounds pork shoulder
- ☐ 1 pound chicken breast
- ☐ 1 pound of salmon filets
- ☐ 1 pound ground beef
- ☐ 2 cup cheddar cheese
- ☐ ¼ cup feta cheese
- ☐ ½ cup cotija cheese
- ☐ ½ cup goat cheese
- ☐ 6 T unsalted butter
- ☐ ½ cup sour cream
- ☐ 1 cup milk

DRY GOODS

- ☐ 6 oz. beer
- ☐ 8 corn tortillas
- ☐ 3 cups quinoa
- ☐ ¼ cup cranberries
- ☐ ½ teaspoon dijon mustard
- ☐ 1 tsp honey
- ☐ ¼ cup black olives
- ☐ 1 T capers
- ☐ 2 T worcestershire sauce
- ☐ 1 can condensed cream of chicken soup
- ☐ 1 cup bread crumbs
- ☐ 1 cup parm cheese
- ☐ 1 T taco seasoning
- ☐ 2 T avocado oil

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ ¼ cup red wine vinegar
- ☐ BBQ sauce
- ☐ Ketchup
- ☐ Olive oil

SPICE CUPBOARD

- ☐ 1 T chili powder
- ☐ 1 T ground cumin
- ☐ 2 ½ teaspoon dried oregano
- ☐ 1 t mustard powder
- ☐ ½ t garlic powder
- ☐ 1 bay leaf