

WEEKLY MEALS

CROCK POT/SLOW COOK



Chicken Noodle Soup

MEAT-LESS



Sweet and Spicy Honey Tofu

UNDER 15 MINUTES



Quick Chicken Salad

ONE PAN ONLY



One Pot White Chicken Chili

FANCY



Grilled Steak with Brussel Sprouts, Rosemary Potatoes, & Garlic Lemon Aioli

GROCERY LIST

VEGGIES/FRUITS

- ☐ 1 yellow onion
- ☐ 3 large carrots
- ☐ 6 celery stalks
- ☐ 6 cloves garlic
- ☐ 1 head broccoli
- ☐ ½ red onion
- ☐ 1 cup grapes
- ☐ 3 medium bell peppers
- ☐ 2 medium sweet onions
- ☐ 2 medium zucchini
- ☐ 128 grams corn (frozen or fresh)
- ☐ 1 pound brussel sprouts
- ☐ 1 pound yukon potatoes
- ☐ 1 stem fresh rosemary
- ☐ 1 lemon

MEAT/PROTEIN/DAIRY

- ☐ 1.5 pound chicken breasts
- ☐ 2.25 pound chicken (cooked or rotisserie)
- ☐ 1 block tofu (firm)
- ☐ ¾ cup mayonnaise
- ☐ ¼ cup plain greek yogurt
- ☐ ¼ cup greek yogurt cream cheese
- ☐ 4 ribeye steaks

DRY GOODS

- ☐ ½ t thyme
- ☐ ½ t rosemary
- ☐ 1 T cumin
- ☐ 1 bay leaf (optional)
- ☐ 2 t chicken bouillon
- ☐ 9 cups chicken broth
- ☐ 3 cups chicken stock
- ☐ 8 oz egg noodles
- ☐ 2 T Siracha
- ☐ 2 T honey
- ☐ 1 T rice vinegar
- ☐ 2 T cornstarch
- ☐ 1 T sesame oil
- ☐ 2 cups white rice
- ☐ Almond flour crackers
- ☐ 2, 8 oz cans green chiles
- ☐ 400 g green enchilada sauce
- ☐ Steak seasoning

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil