

CROCK POT/SLOW COOK



Crock Pot Marry Me Chicken

MEAT-LESS



Mami's Go To Vegetarian Chili

UNDER 15 MINUTES



Sheet Pan Garlic Herb Chicken

ONE PAN ONLY



Sheet Pan Chicken Shawarma with yogurt garlic sauce

ALL AHEAD PREP



Crispy Tuna Patties

VEGGIES/FRUITS

- 10 leaves Fresh Basil
- 1 Red Onion
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 2 Small Carrots
- 2 Tbsp Fresh Parsley
- 21 cloves Garlic
- 5 lemons
- 1 Lime
- 2 Scallions
- 2 Cups Baby Arugula
- 1 Cucumber
- ¼ Serrano Pepper

MEAT/PROTEIN/DAIRY

- 4 Chicken Breasts
- 2 Lbs Chicken Thighs (Boneless, Skinless)
- 1-1/2 lbs Shrimp (Peeled, deveined + tail off)
- 6 Tablespoons Butter
- 1 cup Heavy Cream
- 1/4 Cup Sour Cream
- 1/4 Cup shredded Cheddar Cheese
- 1/2 cup Parmesan Cheese
- 1/4 Cup Feta Cheese
- 1/4 + 4 T Cup Plain Greek Yogurt
- 2 Eggs

DRY GOODS

- 1 1/2 cups Chicken Broth
- 3 Tablespoons Cornstarch
- 1/3 cup Sun-Dried Tomatoes
- 1 (28 Oz) Can Canned Crushed Tomatoes
- 2 (15 Oz) Canned Pink Beans
- 1 (15 Oz) Canned Black Beans
- 1 Tbsp Tomato Paste
- 8-10 Tortilla Chips
- 4 Pieces Pita Bread
- 8 cans Canned Tuna (Starkist in Water - 90 cal each)
- Pretzels (2 servings)
- 1/2 cup Tapioca Flour
- 2 Tablespoons Mayonnaise
- 1 Tablespoon Buffalo Sauce
- 1/2 teaspoon Worcestershire Sauce

GROCERY STAPLES

- Salt
- Pepper
- Olive oil

SPICE CUPBOARD

- 3 1/2 teaspoon Garlic Powder
- 2 1/2 teaspoon Onion Powder
- 1 Tbsp + 1 tsp Chili Powder
- 3 tsp Ground Cumin
- 3 1/2 tsp Smoked Paprika
- 1/2 tsp Dried Oregano
- 2 1/2 teaspoon Italian Seasoning
- 1 tsp Crushed Red Pepper
- 1/2 tsp Ground Turmeric
- 1/4 tsp Cinnamon
- 1 Bay Leaf