

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow Cooker
Chicken and Corn
Soup

MEAT-LESS



Sticky Honey-Sriracha
Glazed Tempeh Rice
Bowl

UNDER 15 MINUTES



Hawaiian Pineapple
Sweet and Sour
Smoked Sausage

ONE PAN ONLY



Greek Style
Shrimp with
Tomatoes & Feta

ALL AHEAD PREP



High-Protein
Spinach Artichoke
Chicken Casserole

GROCERY LIST

VEGGIES/FRUITS

- 2 Shallots
- 3 Sprigs Thyme
- 2 cups Yukon Gold Potatoes
- 1 cup Carrot
- 1 cup Celery
- 1 small Yellow Onion
- 8 cloves Garlic
- 1 Lime
- 1/2 tsp Ginger
- 1 Avocado
- 1/4 Cup Pickled Red Onions
- 2 Tbsp Cilantro
- 1 Red Bell Pepper
- 2 cups Corn (frozen or fresh)
- 1 cup Pineapple fresh or canned

MEAT/PROTEIN/DAIRY

- 3 pounds Chicken Breasts (boneless and skinless)
- 1 (14 oz.) package Smoked sausage
- 1 Lb Shrimp (Peeled & Deveined)
- 4 Oz Feta Cheese
- 16 oz. Cottage Cheese
- 1/2 cup Shredded Mozzarella Cheese
- 2/3 cup Parmesan Cheese (finely grated)
- 4 Tablespoons Cream Cheese
- 8 Oz Tempeh

DRY GOODS

- 1 quart Chicken Stock
- 1 Tablespoon Lemon Juice
- 1 1/2 Cups Jasmine Rice
- 2 Tbsp Vegetable Oil
- 3 Tbsp Honey
- 2 Tbsp Sriracha
- 1/4 cup Sweet chili garlic sauce
- 3 cups Rice of choice
- 16 Oz Marinara Sauce
- 1 can (16 oz.) Canned Artichoke Hearts

FROZEN

- 6 ounces Spinach (frozen, chopped)

GROCERY STAPLES

- Salt
- Pepper
- Olive oil

SPICE CUPBOARD

- 1/4 tsp Ground Coriander
- 1/4 tsp Crushed Red Pepper
- 3/4 tsp Dried Oregano
- 1/4 teaspoon Onion Powder