

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow Cooker Beef Bourguignon

MEAT-LESS



Pepper Pesto Spinach Stromboli

UNDER 15 MINUTES



Shrimp Scampi with Zucchini Noodles

ONE PAN ONLY



Unstuffed Pepper Skillet

ALL AHEAD PREP



Buffalo Chicken Cauliflower Casserole

GROCERY LIST

VEGGIES/FRUITS

- 8 ounces mini sweet peppers
- 4 cup yellow onion
- 4 stalks celery
- 4 long carrots
- 8 cloves garlic
- 2 cups sliced baby bella mushrooms
- 1 bunch asparagus
- 1 medium shallot
- 1 cup cherry tomatoes
- 6 cups spiralized zucchini
- 2 large bell peppers
- 3 cups baby spinach
- 3 sprigs fresh thyme
- 3 sprigs fresh rosemary
- 7 T fresh parsley

MEAT/PROTEIN/DAIRY

- 1 lb. lean ground beef
- 2 lbs. shredded chicken
- 1 lb. large shrimp, peeled and deveined
- 4 lbs. beef chuck roast
- 1 cup plain Greek yogurt
- 2 T unsalted butter
- 1/3 cup shredded cheddar cheese
- 4 T grated Parmesan cheese
- 1 ½ cups shredded fontina cheese
- 1 cup shredded Italian cheese blend

FROZEN

- 6 cups frozen cauliflower rice

DRY GOODS

- 1 (15 ounce) can tomato sauce
- 3 T hot cherry pepper hoagie spread
- 1 (8.8 ounce) package microwavable white rice
- 1/2 cup hot sauce
- 1 (1 oz) packet ranch seasoning
- 1 cup red wine
- 1 cup beef broth
- 2 T white wine
- 2 T unsalted chicken stock
- 1 lb. whole-wheat pizza dough
- All-purpose flour for rolling
- ¼ cup pesto
- ½ cup chopped pickled banana peppers
- 1 tsp. sesame seeds

GROCERY STAPLES

- Olive Oil
- Salt
- Pepper

SPICE CUPBOARD

- 1 ½ tsp. Italian seasoning