

WEEKLY MEALS

CROCK POT/SLOW COOK



Shredded Chicken Tacos

MEAT-LESS



Medeterrenian Rice Salad

UNDER 15 MINUTES



Pork Fried Rice

ONE PAN ONLY



Easy Meatballs

ALL AHEAD PREP



Chicken Spaghetti Casserole

GROCERY LIST

VEGGIES/FRUITS

- ☐ 2 Yellow Onion
- ☐ 2 cloves Garlic
- ☐ 3 Persian Cucumber
- ☐ 1 pint Grape Tomato
- ☐ ½ Red Onion
- ☐ 1/4 cup Fresh Parsley
- ☐ 1/4 cup Green Bell Pepper
- ☐ 1/4 cup Sweet Onion

MEAT/PROTEIN/DAIRY

- ☐ 3 cups Cheddar Cheese
- ☐ 1 pound Ground Beef
- ☐ 1.5 pound Ground Pork
- ☐ 4 Eggs
- ☐ 2 pounds Chicken

DRY GOODS

- ☐ 5 tablespoons Vegetable Oil
- ☐ 1 teaspoon Sesame Oil
- ☐ 2 tablespoons Soy Sauce
- ☐ 1/2 cup Salsa
- ☐ 5 cups Rice (cooked)
- ☐ 1/4 cup Black Olive
- ☐ 3 Tablespoons Lemon Juice
- ☐ 1 teaspoon Dijon Mustard
- ☐ 1/2 cup Frozen Vegetables (peas and carrots)
- ☐ 1 cup Bread Crumbs
- ☐ 1 cup Parmesan Cheese
- ☐ 3 cups Spaghetti - uncooked
- ☐ 2 cans Cream of Mushroom Soup
- ☐ 1 (4 oz.) jar Pimentos

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ 1/4 teaspoon Cayenne Pepper
- ☐ 2 teaspoon Ground Cumin
- ☐ 2 teaspoon Dried Oregano
- ☐ 1 teaspoon Chili Powder
- ☐ 1/4 cup Italian Seasoning