

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow Cooker
Meatball Parm

MEAT-LESS



Potato Leek Soup

UNDER 15 MINUTES



5-Ingredient
Baked Gnocchi

ONE PAN ONLY



Maple Ginger
Glazed Salmon

ALL AHEAD PREP



5-Ingredient
Cheesy Beef and
Noodle Casserole

GROCERY LIST

VEGGIES/FRUITS

- ☐ 1 Sweet Onions
- ☐ 2 Leeks
- ☐ 4 cloves Garlic
- ☐ 1 lb. Yukon Gold Potatoes
- ☐ 1 T Fresh Parsley
- ☐ 1 tsp Ginger

MEAT/PROTEIN/DAIRY

- ☐ 1 (16-ounce) bag Frozen Meatballs
- ☐ 16 oz Tofu (silken)
- ☐ 1 lb Salmon Fillets
- ☐ 2 pounds Ground Beef (lean meat - add a pinch of salt while cooking)
- ☐ 2 cups Colby Jack Cheese (shredded)
- ☐ 2 (16-ounce) bags Shredded Mozzarella Cheese
- ☐ Grated Parmesan cheese, for serving (optional)

DRY GOODS

- ☐ 2 (26-ounce) jars Marinara Sauce
- ☐ Pasta or sub rolls, for serving (optional)
- ☐ 2 T Avocado Oil
- ☐ 4 cups Vegetable Broth
- ☐ 1 T Rice Vinegar
- ☐ 2 T Maple Syrup
- ☐ 1 tsp White Miso
- ☐ 1 lb. Egg noodles cooked
- ☐ 1 lb. Package Premade Gnocchi
- ☐ 2 cans Canned Diced Tomatoes (with Italian Herbs - 14.5 oz cans)
- ☐ 2 cans Green beans

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ 1/2 tsp Italian Seasoning