

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow Cooker
Creamy Tomato
Basil Chicken

MEAT-LESS



Sticky Sesame
Chickpeas with
Broccoli

UNDER 15 MINUTES



Almond Chicken
Stir Fry

ONE PAN ONLY



Sheet Pan Chicken
Curry Dinner

ALL AHEAD PREP



Bruschetta
Chicken Bake

GROCERY LIST

VEGGIES/FRUITS

- ☐ ½-inch of fresh ginger
- ☐ 1 Red bell pepper
- ☐ 15 cloves garlic
- ☐ 2 pounds sweet potatoes
- ☐ 2 cups fresh cauliflower
- ☐ 1 large onion
- ☐ 2 T fresh basil
- ☐ 12 ounces broccoli florets

FROZEN

- ☐ 1 bag stir fry vegetables

MEAT/PROTEIN/DAIRY

- ☐ 5 ½ lbs. Boneless skinless chicken breasts
- ☐ 6 bone-in chicken thighs (about 2-1/4 pounds)
- ☐ 1 cup shredded mozzarella cheese
- ☐ ½ cup heavy whipping cream
- ☐ Grated Parmesan cheese for serving

DRY GOODS

- ☐ 1 can diced tomatoes with Italian herbs (14oz)
- ☐ 1 14.5 oz can diced tomatoes
- ☐ 1 cup marinara sauce
- ☐ ⅓ cup soy sauce
- ☐ 2 ½ T sesame oil
- ☐ 2 tsp. rice wine
- ☐ 3 T maple syrup
- ☐ White rice for serving
- ☐ 3 T cornstarch
- ☐ 1 pkg boxed stuffing mix chicken variety
- ☐ 1/4 cup chicken broth
- ☐ 1 15-ounce can of chickpeas
- ☐ Toasted almonds garnish

GROCERY STAPLES

- ☐ Salt and Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ 1 ½ tsp. dried basil
- ☐ 1 tsp. smoked paprika
- ☐ ¼ tsp. ground red pepper
- ☐ 1 tsp. Italian seasoning
- ☐ 2 tsp. curry powder
- ☐ 1 tsp. lemon-pepper seasoning
- ☐ Sesame seeds for garnish