

WEEKLY MEALS

CROCK POT/SLOW COOK



Instant Pot
Cauliflower
Cheddar Soup

MEAT-LESS



Halal Cart Chickpeas
& Yellow Rice with
Creamy White Sauce

UNDER 15 MINUTES



Peanut Turkey Satay

ONE PAN ONLY



Weeknight Skillet
Lasagna

ALL AHEAD PREP



Keto Taco Casserole

GROCERY LIST

VEGGIES/FRUITS

- 1 pound Cauliflower
- 10 Cloves Garlic
- 1 Sweet Onion
- 1/2 medium Yellow Onion
- 3 Lemons
- Baby Arugula or Romaine Lettuce
- Cherry Tomatoes
- 8 oz. Button Mushrooms
- 3 T Fresh Parsley + more for garnish

MEAT/PROTEIN/DAIRY

- 2 Oz Cream Cheese
- 16 Oz Cheddar Cheese (Shredded)
- 1 cup Mozzarella Cheese (shredded)
- 1/4 cup Parmesan Cheese (grated)
- 3 cups Cottage Cheese
- 2 T Butter
- 1/2 Cup Plain Greek Yogurt
- 1/2 pound Turkey Breast Tenderloin
- 8 oz. Ground Italian Sausage
- 1.5-2 lbs. Ground Turkey or Ground Beef

DRY GOODS

- 3 cups Chicken Broth
- 2 (15 Oz) Cans Canned Chickpeas
- 2 Cups Jasmine Rice
- 1/2 Cup Mayonnaise
- 2 tsp Honey
- 4 1/2 tsp Red Wine Vinegar
- 4 1/2 tsp Soy Sauce
- 2 T White Vinegar
- Hot Sauce
- 1 T Sugar
- 1 T Peanut Butter
- 1 jar Marinara Sauce (24-26 oz. - about 3 cups)
- 8 oz. Lasagna Noodles
- 2 T Taco Seasoning
- 1 cup Salsa

GROCERY STAPLES

- Salt and Pepper
- Olive oil

SPICE CUPBOARD

- 1 1/2 tsp Dried Oregano
- 3/4 tsp Ground Coriander
- 1 tsp Ground Cumin
- 1/4 tsp Crushed Red Pepper
- 1/2 tsp Ground Turmeric
- 1/4 tsp Ground Ginger