GET MOM STRONG

WEEKLY MEAL PLAN

11/2/26 - 11/6/26

WEEKLY MEALS

CROCK POT/SLOW COOK	MEAT-LESS	UNDER 15 MINUTES	ONE PAN ONLY	ALL AHEAD PREP
				
Slow Cooker Chicken Ratatouille	Vegetable Packed Tacos	15-minute Sheet Pan Citrus Mojo Shrimp	Sun Dried Tomato Chicken Bake	Balsamic-Glazed Mini Meatloaves

GROCERY LIST

VEGGIES/FRUITS

- ○ 2 Sweet Onion
- ○ 2 Cups Eggplant
- ○ 4 Bell Peppers
- ○ 4 Zucchini
- ○ 12 cloves garlic
- ○ 1 red onion
- ○ 3 large carrots
- ○ 2 stalks celery
- ○ 3 Oranges
- ○ 2-3 Lemons (or 2T lemon juice)
- ○ 3 Avocado
- ○ 2 Lime
- ○ 3 T fresh Cilantro
- ○ 1 T fresh Parsley

MEAT/PROTEIN/DAIRY

- ○ 3.5 lb Chicken Breasts
- ○ 3 lb. ground beef
- ○ 1 lb. shrimp
- ○ 2 eggs

DRY GOODS

- ○ 2 T Avocado Oil
- ○ 2 T tomato Paste
- ○ 2 - 15 oz. can diced tomatoes
- ○ 1 tsp chicken bouillon
- ○ 1 Cup white rice
- ○ 8oz jar sun dried tomatoes
- ○ 3 T balsamic vinegar
- ○ ½ cup panko bread crumbs
- ○ 1 T Italian Seasoning
- ○ 1 T chili Powder
- ○ ¾ tsp garlic powder
- ○ 1/4 tsp Onion Powder
- ○ ¾ tsp Dried Oregano
- ○ 1/2 tsp Paprika
- ○ 2 T dried Basil
- ○ 2 tsp Ground Cumin

GROCERY STAPLES

- ○ Olive Oil
- ○ Salt
- ○ Pepper
- ○ Ketchup