GET MOM STRONG

WEEKLY MEAL PLAN

11/16/26 - 11/20/26

WEEKLY MEALS

CROCK POT/SLOW COOK	MEAT-LESS	UNDER 15 MINUTES	ONE PAN ONLY	ALL AHEAD PREP
				
Slow Cooker Balsamic Chicken with Tomatoes and Basil	Mineral Pesto Pasta	Korean Skirt Steak with Peppers	Ground Pork and Rice Skillet	Autumn Colors Soup

GROCERY LIST

VEGGIES/FRUITS

- ○ 8 cloves garlic
- ○ 5 cups cherry tomatoes
- ○ 2 bunches fresh basil
- ○ 2 cups baby arugula
- ○ 5 lemons
- ○ 1 large Fresh Ginger root (for two separate recipes)
- ○ 1 apple
- ○ 1 scallion
- ○ 3 green bell peppers
- ○ 2 red/yellow bell pepper
- ○ 2 medium sweet onion
- ○ Fresh parsley
- ○ 4 carrots
- ○ 2 sweet potatoes
- ○ 2 fennel bulbs
- ○ 1 bunch swiss chard

MEAT/PROTEIN/DAIRY

- ○ 2 lbs. Chicken breasts
- ○ 2 lbs skirt steak
- ○ 1 lb. ground pork
- ○ 1 cup cheddar cheese

DRY GOODS

- ○ 1 package rice noodles
- ○ 1 cup pistachios
- ○ 2 nori sheets
- ○ Sesame seeds
- ○ ¼ cup soy sauce
- ○ ½ tsp toasted sesame oil
- ○ 1 can diced tomatoes
- ○ 2 cups chicken broth
- ○ 1 packet taco seasoning
- ○ 1 cup long grain rice
- ○ Ghee (clarified butter) - optional
- ○ 1 cup pure pumpkin
- ○ 3 T dried red clover - optional

GROCERY STAPLES

- ○ Balsamic Vinegar
- ○ Olive Oil
- ○ Salt and pepper
- ○ Brown sugar
- ○ Vegetable oil
- ○ Worcestershire sauce