GET MOM STRONG

WEEKLY MEAL PLAN

11/9/26 - 11/13/26

WEEKLY MEALS

CROCK POT/SLOW COOK	MEAT-LESS	UNDER 15 MINUTES	ONE PAN ONLY	ALL AHEAD PREP
				
Slow Cooker Beef Stew	Farro Salad with Roasted Root Vegetables	Sheet Pan Garlic Herb Butter Shrimp	Pork Chops with Apples and Bacon	Simple Chicken Enchiladas

GROCERY LIST

VEGGIES/FRUITS

- ○ 5 Yellow Onions
- ○ 10 cloves Garlic
- ○ 8 medium Carrots
- ○ 1 lb. Baby Gold Yukon Potato
- ○ 1 cup Frozen Peas
- ○ 1 sprig Rosemary
- ○ 3 medium Parsnips
- ○ 1 1/2 cups Celery root
- ○ 1/4 cup Flat Leaf Parsley
- ○ 1 large lemon
- ○ 2 Tbsp Fresh Parsley
- ○ 2 sprigs Sage
- ○ 2 large Shallots
- ○ 3 small Fuji apples
- ○ 1 Bell Pepper
- ○ 1 Zucchini

MEAT/PROTEIN/DAIRY

- ○ 2 1/2 pounds Stew Meat
  -- Chuck roast, rump roast, or bottom rounds
- ○ 1-1/2 lbs Shrimp
  -- Peeled, deveined + tail off
- ○ 4 Pork Chops
  -- Bone-in rib-cut, about 1" thick
- ○ 4 slices Bacon
- ○ 2 Chicken Breasts
- ○ 1 Cup Shredded Cheddar Cheese
- ○ 7 T Butter

DRY GOODS

- ○ 3 T Red Wine Vinegar
- ○ 1 1/2 cup pearled Farro
- ○ 1 cup Red wine
- ○ 4 cups Beef Broth
- ○ 2 cubes Beef Bouillon
- ○ 2 T Worcestershire Sauce
- ○ 3 T Tomato Paste
- ○ 3 T Cornstarch
- ○ 2 Bay Leaves
- ○ 1/2 t Garlic Salt
- ○ 1/2 t Celery Salt
- ○ 1/4 tsp Crushed Red Pepper
- ○ 1 cup Apple Cider
- ○ 2 T Dijon Mustard
- ○ 1 Cup Salsa
- ○ 1 -15 Oz Can Enchilada Sauce
- ○ 1 Can Chopped Green Chiles
- ○ 8 Flour or corn Tortillas

GROCERY STAPLES

- ○ Olive Oil
- ○ Salt
- ○ Pepper
- ○ Ketchup
- ○ All Purpose Flour
- ○ 1 tsp Italian Seasoning
- ○ 1 tsp Garlic Powder