

MONDAY



CILANTRO CHICKEN STIR FRY

TUESDAY



SLOW COOKER TACO SPICE CHILI

WEDNESDAY



HOMEMADE CHICKEN FRIES

THURSDAY



CAST IRON RIBEYES WITH MUSHROOMS

FRIDAY



SWEDISH MEATBALLS



## GROCERY LIST

### ITEMS YOU PROBABLY HAVE IN STOCK

olive oil  
salt and pepper  
16 tbs. butte

1/2 tsp. garlic powder  
3 tbs. all-purpose flour

### PRODUCE

8 cloves garlic  
2 white onions  
1 red onion  
1 green pepper  
4 tbs. parsley

1 yellow pepper  
1 red pepper  
1 bunch cilantro  
1 lg. sweet potato  
1 jalapeno

8-oz. mushrooms

### DAIRY & REFRIGERATED ITEMS

1 egg  
1 cup heavy cream

### FROZEN FOOD ITEMS

### MEAT, POULTRY, PORK & SEAFOOD

1.5 lbs. boneless, skinless chicken tenders  
2 lbs. lean ground turkey  
1.5 lbs. boneless, skinless chicken breasts

2 (1-1.5-inch thick) ribeye steaks  
1 lb. ground beef

### GRAINS, LEGUMES & PASTA

2 cups cooked rice  
1/2 cup uncooked quinoa

### CANNED & JARRED GOODS

2 tbs. apple cider vinegar  
3 tbs. soy sauce  
2 1/3 cup chicken broth  
2 (14-oz.) cans petite diced tomatoes  
1 (7 or 8-oz.) can tomato sauce

1 (14-oz.) can corn  
1 (14-oz.) can black beans  
2 cups beef stock  
1 tbs. worcestershire sauce  
1 tsp. dijon mustard

### MISCELLANEOUS ITEMS

4 tbs. taco seasoning  
1 tbs. cumin  
5 oz. kettle cooked potato chips  
3/4 cup panko bread crumbs

1 tsp. onion salt  
1 tsp. garlic salt  
1/4 tsp. allspice  
1/4 tsp. nutmeg