

MONDAY



SLOW COOKER KIELBASA SOUP WITH WHITE BEANS & KALE

TUESDAY



QUICK & EASY SPAGHETTI BOLOGNESE

WEDNESDAY



BLACK BEAN BUTTERNUT SQUASH QUESADILLAS

THURSDAY



SLOW COOKER CHICKEN WITH ROSEMARY & POTATOES

FRIDAY



SHRIMP SCAMPI PIZZA



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 5 tbs. olive oil
- 3 tbs. butter
- salt and pepper
- 1/2 tsp. red pepper flakes
- 1 tsp. dried oregano
- 1 + 1/2 tsp. Italian seasoning
- 1 tbs. all-purpose flour

PRODUCE

- 2 onions
- 10 cloves garlic
- 5 cups kale
- 4 tbs. parsley
- 1 lb. brussels sprouts
- 2 sprigs rosemary
- 1 butternut squash
- 1 lime
- 4 medium russet potatoes
- 4 tbs. cilantro
- 1 lemon

DAIRY & REFRIGERATED ITEMS

- 1/2 cup grated parmesan cheese
- 1 cup shredded mozzarella
- 1 lb. pizza dough
- 1 cup sour cream
- 1/2 cup shredded Monterey Jack cheese

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 4 boneless, skinless chicken thighs
- 1 lb. ground beef
- 1 lb. medium shrimp
- 1.5 lbs. smoked polish kielbasa

GRAINS, LEGUMES & PASTA

- 8 ounces spaghetti pasta

CANNED & JARRED GOODS

- 64 oz. chicken stock
- 28 oz. crushed tomatoes
- 2 (15.5-oz) cans cannellini beans
- 1 (15.5-oz) can black beans
- 2 chipotles in adobo

MISCELLANEOUS ITEMS

- 3/4 cup white wine
- 4 flour tortillas