

MONDAY



SLOW COOKER SALSAS CHICKEN

TUESDAY



SLOW COOKER THAI TURKEY NOODLE BOWLS

WEDNESDAY



SPICY SHREDDED BEEF TACOS

THURSDAY



TERIYAKI SALMON

FRIDAY



LOADED SLOW COOKER SLOPPY JOES

# ONE SWEET MESS

## GROCERY LIST

### ITEMS YOU PROBABLY HAVE IN STOCK

1 tsp. cumin	1/2 tsp. garlic powder
salt and pepper	1/4 tsp. cayenne
1/2 tsp. onion powder	2/3 cup brown sugar

4 tbs. all-purpose flour
2 tbs. worcestershire sauce
1 tbs. yellow mustard

### PRODUCE

1 bunch cilantro	1 bunch mint
3 limes	1 serrano chili
2 medium carrots	1 bunch scallions
1/2 English cucumber	9 cloves garlic
1/2 small head red cabbage	2 large yellow onions

1 avocado
1 bunch radishes
2 tsp. ginger
1/2 tsp. ginger
1 green pepper

### DAIRY & REFRIGERATED ITEMS

4 ounces cream cheese
1 cup Cotija cheese
8 slices American cheese

### FROZEN FOOD ITEMS

1 cup frozen corn
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### MEAT, POULTRY, PORK & SEAFOOD

1 large boneless, skinless chicken breast	1 (2.5-3lb) flank steak
24-ounces turkey breast tenderloin	1 (2-3lb) salmon filet
	2 lbs. ground beef

### GRAINS, LEGUMES & PASTA

1 cup white rice
1 (14-oz) package stir fry noodles

### CANNED & JARRED GOODS

1 cup salsa	1 can chipotle in adobo
1 cup canned black beans	1 (14.5-oz.) can beef broth
1/2 cup coconut milk	3 tbs. teriyaki sauce
1/4 cup peanut butter	3 tbs. hoisin sauce
5 tbs. soy sauce	1 tbs. white vinegar
hot sauce	1 tbs. sesame oil

french fried onions
bread and butter pickles
1 1/2 cups ketchup
2 tbs. apple cider vinegar

### MISCELLANEOUS ITEMS

1/2 cup chopped peanuts	8-12 corn tortillas
1 tsp. ancho chili powder	2 tsp. sesame seeds (optional)
1 (12-oz) Mexican beer	8 potato rolls