

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