

Meals for the week of:

(Check your pantry; then head to the store with this list to get needed ingredients)

Steak Chili (Slow Cooker Meal)	Chicken & Kale Stew (Slow Cooker Meal)	Honey Garlic Meatballs serve with Rice (Slow Cooker Meal)	Mexican Chicken and Rice Bake	BLT Salmon
Ingredients Needed: 1½ pounds stew meat Chili Powder Cumin Sea Salt Ground Red (cayenne) Pepper Onion (fresh) Can/Box Kidney Beans (approx. 15 ounces) 28 ounce can diced tomatoes <i>Optional Topping Ingredients:</i> Grated Cheese Avocado Greek Yogurt Fresh Cilantro	Ingredients Needed: 2 pounds Boneless, skinless chicken breasts 2 large sweet potatoes Tomato Paste (small can) 4 cups Baby Kale or Spinach (fresh)	Ingredients Needed: Coconut Sugar Honey Ketchup Soy Sauce Minced Garlic (jarred in the produce section) Bag of Fully Cooked Frozen Meatballs <i>Serve with:</i> Rice Green Beans <i>Cooking Note:</i> Cook extra rice tonight to use for meal tomorrow.	Ingredients Needed: 2 Boneless, skinless chicken breasts 4 cups rice ¾ cup corn Can/Box Black Beans (approx. 15 ounces) Greek Yogurt Table onions 4 ounce can green chilies Chunky Salsa Grated Cheddar or Monterey Jack Cheese	Ingredients Needed: Cherry Tomatoes Bacon Baby Spinach (fresh) Salmon Steaks (Wild Caught)

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Balsamic Chicken w/ Garlic Parmesan Zucchini & Tomato Bake Side Dish	Sweet & Sour Shrimp w/ Pineapple (Slow Cooker Meal)	Easy Penne Noodle “Lasagna”	Orange Chicken & Vegetable Stir-Fry	Cheesy Salmon Chowder (Slow Cooker Meal)
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
Garlic Powder	3 cans (8 ounce each)	1 pound ground beef	Orange Juice	Onion
Basil	Pineapple chunks	Onion (medium fresh)	Soy Sauce	Potatoes
Sea Salt & Pepper	2 packages (6 ounce each)	1 24 ounce jar Spaghetti Sauce (Classico Fire Roasted brand)	Rice Vinegar	Carrot
Minced Onion (dried in spice section)	frozen snow peas (or fresh)	1 15 ounce jar Alfredo Sauce (Classico)	Fish Sauce	Celery
Minced Garlic	Cornstarch	1 box Penne Noodles – (Bella Terra 8 Whole Grain Pasta w/ Milled Flaxseed or other Multi Whole Grain Pasta)	Orange Zest (peel)	Minced Garlic
Olive Oil	Coconut Sugar	Shredded Mozzarella & Cheddar Cheese	Minced Garlic	Rice
Balsamic Vinegar	Chicken Stock (low sodium)		Ginger	Chicken Stock
8 Boneless, skinless chicken breasts (about 24 ounces)	Soy Sauce		1 pound Boneless, skinless chicken breasts	Sea Salt
2.5 pounds zucchini or 2 large zucchini	Ginger		Sea Salt & Pepper	Thyme
Grape Tomatoes	1 pound Shrimp (peeled and deveined)		Corn Starch	Flaked Cooked Salmon (near the tuna fish)
Parmesan Cheese	Apple Cider Vinegar		4 cups chopped Vegetables (broccoli, carrots, celery, snap peas mushroom, etc.)	13 ounce can evaporated milk
Thyme	<i>Serve with:</i>		Olive Oil	Shredded Cheddar Cheese
Oregano	Rice		Onion	
			<i>Serve with:</i> Rice	

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Chicken & Butternut Squash Stew	Taco Pasta (Slow Cooker Meal) DIY Taco Seasoning & Enchilada Sauce can be made ahead	Chicken Teriyaki (Slow Cooker Meal) serve with Rice	Balsamic Roast Beef w/ Italian Roasted Cauliflower Side	Greek Shrimp and Feta "Pasta"
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
Red Onion	1 pound ground beef	1 pound Boneless, skinless chicken breasts	3-4 pound boneless roast beef (chuck or round roast)	Olive Oil
Minced Garlic	Beef Stock			Onion
Olive Oil	Sea Salt			Minced Garlic
Chicken Stock	Chili Powder		Beef Stock	
14.5 ounce can diced tomatoes	Crushed Dried Red Pepper	Chicken Stock	Balsamic Vinegar	Oregano
15 ounce can tomato sauce	Garlic Powder	Teriyaki Sauce (low sodium)	Worcestershire Sauce	Thyme
Butternut Squash	Oregano		Soy Sauce	Paprika
Pound of Potatoes	Cumin	Coconut Sugar	Honey	Sea Salt & Pepper
Carrots	14.5 ounce can diced tomatoes	Minced Garlic	Crushed Red Pepper	28 ounces diced tomatoes
Bell Pepper	Onion	<i>Serve with:</i>	Minced Garlic	1 pound Shrimp (peeled and deveined)
1 pound Boneless, skinless chicken breasts	Minced Garlic	Rice	Head of Cauliflower	
Chili Powder	Olive Oil	Steamed Vegetable (Broccoli, Carrots, etc.)	Olive Oil	Feta Cheese
Basil	White Whole Wheat Flour		Italian Seasoning	Spaghetti Squash
Nutmeg	28 ounce can crushed tomatoes		Sea Salt	
Paprika	Onion Powder		Garlic Powder	
Sea Salt & Pepper	Coconut Sugar			
	Cream Cheese			
	Shredded Cheddar Cheese			
	Pasta (Whole Wheat/Multigrain)			
	<i>Cooking Note:</i>			
	Enchilada Sauce will be ready for next week's recipe.			

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Chicken Enchilada Soup (Slow Cooker Meal)	Chicken Bacon Ranch Pasta	Beef and Broccoli (Slow Cooker Meal)	Cauliflower Sausage Casserole	Salmon w/ Tomato, Avocado, Corn Bruschetta
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
1 pound Boneless, skinless chicken breasts	Penne Pasta – Whole Wheat or Multigrain	Beef Stock	Pound Breakfast Sausage	Pound Fresh Salmon (Wild Caught)
Can Whole Kernel Corn or Frozen Corn	Boneless, skinless chicken breasts	Soy Sauce	Can Healthy Request Cream of Chicken Soup	Basil
14.5 ounce can diced tomatoes	Bacon	Fish Sauce		Sea Salt & Pepper
Chicken Stock	Butter	Coconut Sugar	Milk	Olive Oil
Can diced green chiles	White Whole Wheat Flour	Sesame Oil	Minced Dried Onion	Frozen or Fresh Sweet Corn (1/2 cup needed)
Onion	Milk	Minced Garlic	Sea Salt & Pepper	Grape Tomatoes
Bay leaves	Onion Powder	2 pounds boneless roast beef (Chuck or Round Roast) or stew meat	Head of Cauliflower	Balsamic Vinegar
Minced Garlic	Garlic Salt	Cornstarch	Shredded Cheddar Cheese	
Cumin	Ranch – Bolthouse Farms Classic Ranch Yogurt Dressing in the Refrigerator section	2 Heads of Broccoli		
Chili Powder		<i>Serve with:</i>		
Sea Salt & Pepper	Shredded Cheddar Cheese	Rice		
*Homemade Enchilada Sauce from last week				

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Corn Crab Chowder	Taco Stew	Fried "Rice"	Pot Roast (Slow Cooker Meal)	Broccoli Cheese Stuffed Tilapia
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
Onion	Pound of Ground Beef	Head of Cauliflower	3-4 pound Chuck Roast	6-8 Tilapia Fillets (Fish)
Potatoes	Onion	Sesame Oil	Olive Oil	Cream Cheese
Sea Salt & Pepper	2 – 15 ounce cans stewed tomatoes	Minced Garlic	Carrots	Frozen Broccoli
Dill	Can/box of Kidney beans or black beans	Table Onions	Potatoes	Parmesan Cheese
Bacon Bits (I buy the REAL Bacon Bits)	Shredded Cheddar Cheese	Onion	Onion	Minced Garlic
16 ounce can of creamed corn	Tortilla Chips (look for chips w/o Canola Oil)	Celery	Celery	Sea Salt & Pepper
10 ounces imitation crab	Greek Yogurt	Red Bell Pepper	Beef Stock	<i>Serve with:</i>
Milk	Sliced Black Olives	Mushrooms (small package)	Corn Starch	Fresh Fruit of Choice
Healthy Request Can of Cream of Celery Soup	*Homemade Taco Seasoning Packet	Low Sodium Soy Sauce	Sea Salt & Pepper	
Shredded Cheddar Cheese		Eggs	Thyme	
		Boneless, skinless chicken breasts	Rosemary	
			Paprika	
			Onion Powder	
			Garlic Powder	
			Cayenne Pepper	
			Coriander	
			Turmeric	
			<i>Cooking Note:</i> You can make the Steak Seasoning Packet ahead of time.	

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Spaghetti Squash w/ Bacon, Garlic & Parmesan	Lemony Roasted Chicken w/ Sweet Potato Side Dish	Creamy Chicken Corn Chowder	One Pan Baked Salmon & Vegetables	Pizza Sloppy Joes (Slow Cooker Meal)
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
Spaghetti Squash	3-4 pound Fryer or Roasting Chicken	Left over chicken from last night or 1 pound Boneless, skinless chicken breasts	Salmon Filets (Wild Caught)	Pound Ground Beef
Bacon	Onion	Bacon	2 – Fresh Roasting Vegetables (Green Beans, Tomatoes, Asparagus, Broccoli, etc.)	Pound Ground Pork Sausage
Minced Garlic	Butter	Butter	Olive Oil	Onion
Parmesan Cheese	Lemon Juice (100%)	Bell Pepper	Butter	Green Bell Pepper
Sea Salt & Pepper	Parsley	Onion	Sea Salt	Jar Classico Pizza Sauce
	Lemon Peel	Ground Cayenne Pepper	Lemon Peel	Apple Cider Vinegar
	Salt	Minced Garlic	Fresh or Dried Chives	Yellow Mustard
	Thyme	White Whole Wheat Flour	Oregano	Worcestershire Sauce
	3-4 pounds Sweet Potato	Chicken Stock (6 cups)	Parsley	Minced Garlic
	1 – orange (to juice)	3 – Potatoes	Cooking Note: You can make the Lemon-Herb Butter ahead of time.	Italian Seasoning
	Orange Peel	Bay Leaves		Crushed Red Pepper
	Sea Salt & Pepper	Sea Salt & Pepper		Applegate Pepperoni slices (Refrigerator Section)
	Cooking Note: Use leftover chicken in meal tomorrow.	Fresh/ Frozen Corn		Shredded Mozzarella Cheese
		Milk		Hamburger Buns
				Serve with: Sweet Potato Puffs (Tator Tots)

