



# Meal Plan Week 7

**Bonus!**



Tater Tot Casserole + Slow Cooker Pork Carnitas + Creamy Garlic Chicken + Easy Beef and Broccoli + White Chicken Lasagna + Mississippi Mud Bars



Monday



Tuesday



Wednesday



Thursday



Friday

## Produce:

- Medium onion (3)\*
- Heads of garlic (4)\*
- White button or crimini mushrooms (24 oz)\*
- Limes (2)
- Jalapeno
- Red Onion
- Lemon or lemon juice
- Fresh parsley (optional)\*
- Broccoli heads (1 large or 2 small, 4-5 cups)
- Baby spinach (8 oz)
- Cilantro
- Avocado
- Fresh or frozen green beans (1 lb)

## Dairy/Eggs:

- Salted butter\*
- Half and half (1 cup)
- Heavy cream (1 cup)
- Freshly grated parmesan cheese (2 cups)\*
- Milk\*
- Mozzarella cheese (4 cups)
- Ricotta cheese
- Large eggs (4)
- Cotija cheese
- Shredded sharp cheddar cheese (2 cups)

\*Ingredient is used for more than one recipe.

## Pantry:

- Worcestershire sauce
- Flour\*
- Beef or chicken broth (1 cup)
- Diced tomatoes (1 can)
- Green Salsa
- Brown sugar\*
- White vinegar
- White sugar\*
- Powdered sugar
- Olive oil\*
- Cornstarch
- Soy sauce
- Chicken broth (4 cups)\*
- Oyster sauce
- Soy sauce
- Sesame oil
- Peanut oil
- Lasagna noodles (12 whole noodles)
- Vanilla extract\*
- Cocoa powder\*
- Baking powder
- Shredded sweetened coconut
- Coarsly chopped pecans
- Mini marshmallows

## Bread/Bakery:

- 12-24 Flour tortillas

## Other:

- Orange Juice
- Frozen corn
- Frozen tater tots (32 oz)

## Seasonings:

- Kosher salt\*
- Freshly ground black pepper\*
- Ground cumin\*
- Oregano\*
- Chili powder
- Bay Leaves\*
- Cinnamon sticks (2)
- Whole cloves
- Salt\*
- Whole black peppercorns
- Red pepper Flakes\*
- Garlic powder
- Onion powder
- Sesame seeds (optional)
- Dried basil
- Black pepper\*
- Fennel seed

## Meat/Poultry/Fish:

- Lean Ground Beef (1 lb)
- Boneless pork shoulder or pork butt (4-5 lbs)
- Large Chicken Breasts (2)
- Beef tenderloin, flank steak, or sirloin steak (1 lb)
- Cooked chicken (3-4 cups, about 2 lbs shredded or cubed)