



Meal Plan Week 12

Cincinnati Style Chili + Spicy Honey Chicken + Sheet Pan Sausage and Peppers + Chicken Stroganoff + Mozzarella Stuffed Meatballs + Cherry Crisp + Virgin Piña Coladas (Non-Alcoholic).



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Large onion (5)*
- 2 Heads of garlic or minced garlic*
- Yellow, orange, or red bell peppers (3-4)
- Cremini mushrooms (12 oz)
- Fresh parsley
- Flat leafed parsley
- Pineapple wedges for garnish

Meat/Poultry/Fish:

- 3 lbs lean ground beef*
- Chicken thighs (8-10)
- Aidell's Chicken & Apple Sausage (4)
- Chicken breasts (2)

Dairy/Eggs:

- Shredded mild or medium cheddar cheese
- Salted butter*
- Sour cream (1/2 cup)
- Milk
- Freshly grated Parmigiano-Reggiano cheese (1/2 cup)
- Egg
- Mozzarella cheese (4 oz)

Pantry:

- Tomato Sauce (8 oz)
- Tomato Paste (6 oz)
- Apple cider vinegar*
- Worcestershire sauce
- Beef bouillon
- Brown sugar*
- Unsweetened or bittersweet chocolate (1 oz)
- Spaghetti Noodles (2 packs)
- Oyster crackers
- Kidney beans (opt.)
- Olive oil*
- Honey
- Flour*
- Worcestershire sauce
- Dijon mustard
- Chicken broth (1 cup)
- Plain bread crumbs (1/4 cup)
- Crushed tomatoes (2- 28 oz cans)
- Old fashioned oats (1 cup)
- Walnuts, pecans, or slivered almonds (opt.)
- Pineapple juice (2 cups)
- Cream of coconut
- Maraschino cherries for garnish

Seasonings:

- Coarse Kosher salt*
- Chili powder*
- Dried oregano
- Ground cumin*
- Ground cinnamon
- Smoked paprika
- Allspice
- Black pepper*
- Salt
- Cayenne pepper
- Ground cloves
- Bay leaves
- Garlic powder*
- Onion powder*
- Ground coriander
- Chipotle chili powder
- Italian seasonings
- Smoked paprika*
- Dried basil*
- Dried oregano*
- Ground cinnamon

Bread/Bakery:

Other:

- 4 cups of Homemade Cherry Pie Filling or 2 - 21 oz cans of storebought cherry pie filling

*Ingredient is used for more than one recipe.