



Meal Plan Week 15

Slow Cooker Crack Chicken + Easy Tortellini Soup with Italian Sausage + Penne Alla Vodka + Grilled Greek Chicken Marinade + Chinese Sweet and Sour Pork + Bonus Carmelita Bars



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Green onion (1 bunch or 6 pieces)*
- Head of garlic*
- Matchstick or sliced carrots
- Green pepper (2)*
- Zucchini
- Medium sweet yellow onion (2)*
- Fresh basil
- Lemons (2)
- Cucumbers (2)
- Tomatoes
- Arugula
- Red onion
- Fresh ginger
- Red bell pepper
- White onion
- Pineapple
- Fresh parsley

Meat/Poultry/Fish:

- Chicken breasts (6-8 or about 4 lbs)*
- Bacon (1 lb)
- Italian sausage (1 lb)
- Pork tenderloin (1 lb)

Bread/Bakery:

- Pretzel buns
- Pita bread

Pantry:

- Ranch dressing mix
- Mayonnaise
- Fire roasted tomatoes (14.5 oz)
- Crushed Italian seasoned tomatoes (14.5 oz)
- Tomato sauce (8 oz)
- Crushed tomatoes (28 oz)
- Beef broth (5 cups)
- White grape juice (1/2 cup)
- Penne pasta (12 oz)
- Olive oil*
- Tomato paste
- Vodka (1/2 cup)
- Red wine vinegar
- Apple cider vinegar
- Honey
- Sesame oil
- Soy sauce
- Cornstarch
- Vegetable oil (for frying)
- Chicken broth (3/4 cup)
- Ketchup
- Granulated sugar
- Rice
- Light brown sugar
- Vanilla extract
- Flour
- Old fashioned oats (not quick or instant oats)
- Baking soda
- Milk chocolate chips
- 40 caramels (like werther's chewy caramels)

Seasonings:

- Dried basil
- Dried oregano*
- Kosher salt*
- Freshly ground black pepper*
- Crushed red pepper flakes
- Oregano
- Coriander
- Garlic powder
- Onion powder
- Salt*
- Black pepper*

Dairy/Eggs:

- Cream cheese (8 oz)
- Shredded cheddar cheese (2 cups)
- Freshly grated parmesan cheese (3/4 cup)*
- Heavy cream*
- Plain Greek yogurt
- Salted butter*
- Feta cheese

Other:

- Refrigerated cheese tortellini (20 oz)
- Tzatziki sauce (storebought or homemade)

*Ingredient is used for more than one recipe.