



# Meal Plan Week 21

Swedish Meatballs + Cilantro Lime Chicken Thighs + Sheet Pan Fajitas + Mississippi Pot Roast + Chicago Deep Dish Pizza + Bonus Chocolate Frosted Dream Brownies + Horchata Mexican Drink



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Large onion\*
- Fresh parsley
- Cilantro (2 bunches)\*
- Head of garlic\*
- Limes (3)\*
- Red, orange, or yellow bell peppers (3)
- Red onion
- Avocados
- Fresh basil

## Meat/Poultry/Fish:

- Ground beef (1 lb)
- Ground pork (1 lb)
- Boneless skinless chicken thighs (3 lbs)
- Shrimp peeled and deveined (1.5 - 2 lbs)
- Beef chuck roast (3-4 lb)
- 

## Bread/Bakery:

- White bread (3 slices)
- Ciabatta Rolls (6-8)

## Pantry:

- Olive oil\*
- All-purpose flour\*
- Beef broth (3 cups)
- Worcestershire sauce
- Honey
- Ranch dressing mix
- 1 packet of au jus gravy mix
- 1 jar of Pepperoncini peppers
- Yellow cornmeal
- Instant or rapid-rise yeast
- Crushed tomatoes (28 oz)
- White long grain rice
- Vanilla extract\*
- Granulated sugar\*
- Unsweetened cocoa powder
- Powdered sugar
- Walnuts (opt.)

## Other:

- Fajita-size tortillas (8-12)

## Seasonings:

- Salt\*
- Black pepper\*
- Ground allspice
- Ground nutmeg
- Garlic powder\*
- Chili powder\*
- Kosher salt\*
- Ground cumin\*
- Smoked paprika
- Onion powder
- Oregano\*
- Chipotle chili powder
- Bay leaf
- Whole cinnamon sticks
- Ground cinnamon

## Dairy/Eggs:

- Whole Milk\*
- Eggs (5)
- Salted butter\*
- Heavy cream\*
- Cotija or Mexican blend cheese
- Shredded mozzarella cheese 16 oz (about 4 cups)
- Sliced Provolone cheese
- Grated parmesan cheese (opt.)
- Heavy cream

\*Ingredient is used for more than one recipe.