



# Meal Plan Week 22

Hearty Classic Chili + Sweet Cornbread + Baja Fish Tacos +  
Chicken Pot Pie + Pork Green Chili + Chicken Spaghetti + Peanut  
Butter M&M Cookies



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Yellow onion (4)\*
- Red bell pepper
- Anaheim chili pepper
- Jalapeno peppers (2)
- Head of garlic\*
- Cilantro (2 bunches)
- Lime (2)\*
- Shredded cabbage
- Avocado
- Celery stalks (3)
- Medium carrots (3)
- Tomatillos (1 lb)
- Cremini mushrooms (8 oz)
- Green bell pepper

## Meat/Poultry/Fish:

- Bacon (1/2 lb)
- Lean ground beef (2 lbs)
- Mild Italian sausage (1 lb)
- Cod halibut, tilapia, or mahi mahi (1.5 lbs)
- Cooked chicken (5-6 cups)\*
- Boneless pork shoulder (3-4 lbs)

## Bread/Bakery:

- Small corn tortillas (15)

## Pantry:

- Worcestershire sauce
- Beef broth (2 cups)
- Crushed San Marzano tomatoes (28 oz)
- Fire-roasted diced tomatoes (14.5 oz)
- Tomato paste (12 oz)
- Brown sugar\*
- Dark red kidney beans (30 oz - 2 cans)
- Pinto beans (15 oz)
- Cornmeal
- Flour\*
- Granulated sugar\*
- Baking powder\*
- Vegetable oil\*
- Honey
- Panko breadcrumbs
- Ginger ale, beer, or soda water (1.5 cups)
- Mayonnaise
- Vegetable shortening
- Chicken broth (9 cups)\*
- Chicken bouillon
- Olive oil
- Whole fire-roasted green chilies (28 oz)
- Diced tomatoes (14.5 oz)
- Cornstarch
- Spaghetti noodles (1 lb)
- Pimentos (4 oz)
- Creamy peanut butter
- Vanilla
- Baking soda
- Milk chocolate M&M's

## Seasonings:

- Chili powder\*
- Ground cumin\*
- Dried basil
- Smoked paprika
- Kosher salt\*
- Dried oregano\*
- Black pepper\*
- Salt
- Ancho chili powder
- Garlic powder
- Onion powder
- Cayenne pepper\*
- Table salt
- Ground thyme
- Chipotle Chili powder
- Seasoned salt

## Dairy/Eggs:

- Sour cream\*
- Grated Cheddar cheese (2.5 cups)
- Salted butter\*
- Eggs (8)\*
- Whole Milk\*
- Heavy cream

## Other:

- Pico de gallo (topping)
- Frozen peas

\*Ingredient is used for more than one recipe.