



Meal Plan Week 30

Crock Pot Italian Beef Sandwiches + Thai Chicken Pizza + Honey Mustard Pork Tenderloin + Italian Pasta Salad + Southern Tomato Pie Recipe + Bonus Glazed Lemon Cookies.



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Yellow onion (1)
- Ginger (or ground ginger)
- Head of garlic*
- Red onion (2)*
- Carrots
- Cilantro
- Bean sprouts
- Baby purple potatoes (1 lb)
- Fresh Rosemary (3 sprigs)
- Fresh Thyme (5 sprigs)
- Broccolini or broccoli
- Grape, plum, cherry tomatoes
- Cucumber
- Fresh parsley
- Red bell pepper
- Lemons (2)*
- Tomatoes (4-5)
- Fresh basil leaves
- Green onion (1 bunch)

Meat/Poultry/Fish:

- Boneless beef chuck roast (4-6 lbs)
- Shredded cooked chicken (1 cup)
- Pork tenderloin (2 lbs)
- Salami

Bread/Bakery:

- Sandwich rolls or hoagie buns (8-10)

Pantry:

- Pepperoncini peppers (16 oz)
- Beef broth (14.5 oz)
- Worcestershire sauce
- Jar of Giardiniera
- Peanut butter
- Active dry yeast or Instant yeast (1 package)
- Bread flour (3.5 - 4 cups)
- Hoisin sauce
- Rice vinegar
- Brown sugar
- Sesame oil
- Dry roasted peanuts
- Olive oil*
- Dijon mustard
- Sriracha
- Apple cider vinegar
- Honey
- Olives (green, purple, or black)
- Pasta (fusilli, rotini, or farfalle 15 oz)
- Maple syrup
- Mayonnaise
- Granulated sugar*
- Pure vanilla extract
- All-purpose flour*
- Powdered sugar
- Baking powder
- Vegetable shortening (for pie crust)

Seasonings:

- Kosher salt*
- Freshly ground black pepper
- Garlic powder
- Oregano*
- Basil
- Paprika
- Red pepper flakes*
- Mustard powder
- Ancho powder
- Pink peppercorns (for garnish)
- Dried thyme*
- Course kosher salt
- Black pepper
- Salt*

Dairy/Eggs:

- Sliced provolone (16-20 slices)
- Mozzarella cheese
- Salted Butter*
- Mini Fresh mozzarella balls (1 cup)
- Grated mozzarella cheese
- Grated sharp cheddar cheese
- Egg

Other:

*Ingredient is used for more than one recipe.