real housemoms menu plan

MENU PLAN

MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

SHOPPING LIST

4 pounds boneless, skinless chicken breasts
4 ounces diced black forest ham
1 pound ground beef
1 pound ground pork sausage
4 to 5 pound pork loin
16 slices pepperoni
8 slices bacon
2 heads garlic
3 yellow onions
1 tomato
1 bunch cilantro
1 green bell pepper
16 ounces penne (short pasta)
2 cup spaghetti sauce
44 ounces chicken broth
7 ounces diced green chiles
2.25 ounce can sliced black olives
16 ounce can pineapple chunks
6 ounces non fat plain greek yogurt
8 ounces low fat mozzarella cheese block
8 ounces shredded mexican cheese blend
10 whole wheat flour tortillas
8 hamburger buns

PICK A DISH PER DAY!

Slow Cooker Honey Garlic Chicken | Super Easy Slow Cooker Chicken Tacos | Skinny Creamy Chicken Enchiladas | Ham & Pineapple Pasta Bake | Slow Cooker Pizza Sloppy Joes | Bacon & Chicken Pinwheels | Perfectly Moist Pork Loin