

# real housemoms meal plan

## MENU PLAN

MON

TUES

WED

THURS

FRI

SAT

SUN

## SHOPPING LIST

4 pounds russet potatoes  
6 onions  
2 jalapenos  
2 ribs of celery  
1 cup grated zucchini  
4 cloves garlic  
Coleslaw cabbage mix  
86 ounces marinara or pasta sauce  
1.25 ounce reduced sodium taco seasoning mix  
1 cup chili sauce (Heinz)  
Chipotle chili in adobo sauce  
Two 30 ounce cans tomato sauce  
Three 15 ounces cans black beans  
Three 15 ounces cans pinto beans  
64 ounces chicken stock  
1/2 cup ranch dressing  
1/4 cup heavy cream  
12 ounces cream cheese  
3/4 cup freshly grated parmesan cheese  
3/4 cup mozzarella cheese, shredded  
1 cup Shredded Cheddar cheese  
1 pound lean ground beef  
1 pound bacon  
8 chicken breasts  
3.5 pounds ground turkey  
3 pounds boneless pork shoulder or butt roast  
Small flour tortillas (or hard taco shells)  
Sandwich Rolls

## PICK A DISH PER DAY!

Bacon Jalapeno Baked Potato Soup | Baked Chicken Parmesan | Crock Pot Creamy Spaghetti | Easy Ranch Chicken Tacos | Garden Fresh Caprese Turkey Burger | Pulled Pork Sandwich | Slow Cooker Taco Chili