

real housemoms meal plan

MENU PLAN

MON

TUES

WED

THURS

FRI

SAT

SUN

SHOPPING LIST

9 yellow onions
17 garlic cloves
8 cups baby spinach
1 yellow squash
1 zucchini
1 cup cherry tomatoes
½ cup fresh basil
1 head iceberg lettuce
2 avocados
1 pound medium-sized shrimp
7 chicken breasts
1 ½ pounds lean ground turkey
2 pounds Italian ground turkey
3 pound beef shoulder roast
Bacon
1 pound Farfalle (or any short) pasta
2 pounds rigatoni pasta
8.5 ounce can artichoke hearts
14.5 ounce can dice tomatoes
TWO 27 ounce cans tomato sauce
72 ounces reduced-sodium beef broth
1 pound powdered sugar
4 ounces vegetable shortening
*Red food coloring, optional
3 ½ cups shredded parmesan cheese
15 ounces ricotta cheese
4 cups + 2 Tablespoons mozzarella cheese
2 cups Shredded Mexican cheese blend
½ cup Swiss cheese
½ cup shredded cheddar jack cheese
16 slices provolone cheese
Eggs
Chardonnay (or your favorite white wine)
½ cup cooking sherry
French bread or baguette
8 French bread rolls

PICK A DISH PER DAY!

One Pan Chicken & Vegetables | Turkey Taco Salad | Cheesy Baked Rigatoni |
Crock Pot French Onion Soup | Slow Cooker French Dip | Cheddar Bacon
Chicken Tenders | Garlic Roasted Shrimp with Spinach Artichoke Pasta