

# real housemoms meal plan

## MENU PLAN

MON

TUES

WED

THURS

FRI

SAT

SUN

## SHOPPING LIST

1 pound medium-sized shrimp  
4 boneless, skinless chicken breasts  
4 pound pork loin roast  
2 bone-in, skin on chicken thighs and legs  
1 1/4 pounds ground turkey (85% lean)  
4 to 5 pound boneless pork roast  
2 onion  
1 head of garlic  
2 small red tomatoes  
8 cups baby spinach  
Red cabbage  
1 to 1 1/2 cup fresh green beans  
1 avocado  
2 large limes  
2 apricots  
3 sprigs fresh rosemary  
6 sprigs fresh thyme  
1 bunch fresh cilantro  
12 ounces farfalle pasta  
8.5 ounce can artichoke hearts  
8 ounces sweet 'n tangy barbecue sauce  
4 ounces green salsa  
1 small can pickled jalapenos  
2 tablespoons miso paste  
1 tablespoon mirin  
1/2 cup chopped walnuts  
2 liter of Dr. Pepper  
4 ounces orange juice  
Corn or flour tortillas  
1 cup shredded parmesan cheese  
4 ounces crumbled gorgonzola cheese  
4 slices pepper jack cheese  
One 9 ounce package refrigerated cheese ravioli

## PICK A DISH PER DAY!

Garlic Roasted Shrimp with Spinach Artichoke Pasta | Grilled Honey Lime Chicken | Ravioli Gorgonzola | Salasa Verde Turkey Burger | Slow Cooker Crispy Carnitas | Roasted Miso Chicken | Grilled BBQ Pork Roast