

real housemoms meal plan

MENU PLAN

MON

TUES

WED

THURS

FRI

SAT

SUN

SHOPPING LIST

1 – 1 1/4 pound thin cut pork chops
3-4 pound-bone in chuck roast
3 pounds ground beef
14 ounce pkg uncooked chicken tenders, not breaded
2 pounds boneless, skinless chicken thighs
3 boneless, skinless chicken breasts
4 tilapia filets
3 ounces cooked bacon crumbles
12 ounce pkg bacon
1 cup grated parmesan cheese
1 cup shredded jack cheese
Sharp cheddar cheese slices
6 eggs
24 ounces beef stock
16 ounces chicken broth
4 ounce can chopped mild green chiles
15 ounce can diced tomatoes with garlic and olive oil
8 ounces marinara sauce
Your favorite pasta
1 lemon
6 medium yellow or sweet onions
Fresh thyme
4 large carrots
2 large parsnips
1 1/2 pounds dutch yellow baby potatoes
2 large sweet potatoes
4 avocados
2 jalapenos
3 cloves garlic
3 limes
1 small orange
3 roma tomatoes
1 bunch cilantro
Red wine
8 big hamburger buns
Corn tortillas

PICK A DISH PER DAY!

Tilapia Parmesan | Chicken Totilla Soup | Slow Cooker Chicken Tacos |
The Ulitmate Burger | Dutch Oven Pot Roast | Cheddar Bacon Chicken
Tenders | Breaded Pork Chops