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MENU PLAN MONDAY

WEEK 33

Slow Cooker Italian Beef Sandwiches
Gorgonzola Stuffed Burgers
Crock Pot Cashew Chicken
Grilled Margherita Pizza
BBQ Ranch Ribs in the Slow Cooker

Produce:

1 (8 oz) pkg sliced fresh mushrooms
2 cloves of garlic, minced
1 tsp grated fresh ginger
diced green onion, optional garnish
10 fresh basil leaves, chiffonade (stack leaves together and roll like a burrito and dice)

Meat/Poultry/Seafood:

1 (5 pound) chuck roast
1½ lbs. ground beef
2 lbs boneless skinless chicken breasts (About 4 pieces)
2½-3 pounds boneless Country Ribs

Prepared/Canned Foods:

1 (.7 ounce) package dry Italian-style salad dressing mix (such as Good Seasons brand)
1 1/2 cups beef broth
½ cup cashews
1 can of Pillsbury pizza dough
marinara sauce
1.25 ounce packet Ranch Dressing Mix

Dairy:

2 oz light cream cheese, softened
2 Tbsp. crumbled gorgonzola cheese
butter
sliced fresh mozzarella

Breads/Rice/Pasta:

4 toasted hamburger buns
cooked rice to serve over

Pantry:

salt
black pepper
dried oregano
dried basil
onion salt
dried parsley
garlic powder
garlic salt
bay leaf
mayonaise and dijon mustard for serving burgers
flour
canola oil
soy sauce
rice wine vinegar
ketchup
brown sugar
red pepper flakes
1 – 18 inch long piece of heavy duty foil
olive oil
yellow mustard
Worcestershire sauce
white vinegar
lemon juice
cornstarch