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## MENU PLAN MONDAY

### WEEK 52

*Meatball Shepherd's Pie*  
*Easy Slow Cooker Chicken and Gravy*  
*Easy One Pot Pasta*  
*Pork Carnitas*  
*Market Street Clam Chowder*

#### **Produce:**

½ of an 8 oz bag fresh spinach (or use the whole bag if you love spinach)  
2 onions  
5 cloves garlic  
juice of 1 lime  
1 Tbsp fresh cilantro, optional  
2 cups diced potatoes  
1/2 cup diced celery  
1/2 cup diced green pepper  
1 cup diced leeks (you only use the white part of the leeks)

#### **Prepared/Canned Foods:**

1 ¾ cup beef broth or 1 (14 oz) can of beef broth  
prepared mashed potatoes for shepherd's pie  
2 (0.87 oz) packets dry chicken gravy mix  
1 (10 ¾ oz) can cream of chicken soup  
4 cups chicken broth  
3 (14.5 oz) cans petite diced Italian tomatoes (I used the kind with basil, garlic, and oregano)  
½ cup orange juice  
2 cans of chopped clams  
¾ cups clam juice (drained from the canned clams)

#### **Breads/Rice/Pasta:**

noodles, mashed potatoes, or rice to serve chicken and gravy over  
1 (16 oz) package dry linguine noodles  
any items needed to serve pork carnitas - tortillas and toppings

#### **Meat/Poultry/Seafood:**

1 (16 oz) package frozen meatballs, thawed (or about 34 if you buy them in bulk like I do from Costco or Sam's)  
1 lb. boneless skinless chicken breasts  
2½ – 3 lb. pork loin roast

#### **Frozen Foods:**

1½ cup frozen carrots and peas  
½ cup frozen corn

#### **Dairy:**

2 Tbsp butter plus ¾ cup butter  
2 quarts half-and-half

#### **Pantry:**

flour  
1 Tbsp soy sauce  
1 Tbsp Worcestershire sauce  
salt and pepper  
½ Tbsp dried basil  
½ Tbsp dried oregano  
¼ tsp red pepper flakes, optional for spice  
½ cup packed brown sugar  
½ tsp garlic powder  
½ tsp onion powder  
½ tsp oregano  
1 tsp beef bouillon granules or 1 cube crushed  
1 Tbsp soy sauce  
2 tsp. thyme  
6 bay leaves