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MENU PLAN MONDAY

WEEK 1

Easy Cheesesteak Subs

Teriyaki Chicken Rice Bowls

Grilled Pizza Pockets

Slow Cooker Mexican Pulled Pork Tacos - double recipe and freeze half for later

3 Ingredient Crockpot Pasta Sauce

Produce:

15 garlic cloves
green pepper
onion
any desired pizza toppings
any desire taco toppings

Dairy:

4-6 slices provolone cheese
2 cups shredded mozzarella
shredded cheese for tacos
sour cream for tacos

Meat/Poultry/Seafood:

1 lb pound deli roast beef
1 lb boneless skinless chicken breasts or thighs
any desired pizza toppings
2 (1 lb each) pork tenderloins
1 lb. Italian sausage

Bread/Pasta:

4-6 (6-inch) sub rolls
1 1/2 cups rice
tortilla shells
pasta to serve sauce over

Prepared Foods:

A-1 steak sauce
2 cups pizza sauce or spaghetti sauce
Johnny's Seasoning or Parmesan Cheese
4 (8 oz) cans tomato sauce
3 (14.5 oz) cans crushed tomatoes

Frozen Foods:

3 cups frozen stir-fry vegetables

Pantry:

butter
dried oregano
salt
pepper
cornstarch
sugar
soy sauce
rice vinegar
vegetable or canola oil
olive oil
honey
flour
yeast
garlic salt
chili powder
ground cumin
brown sugar
cayenne pepper