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MENU PLAN MONDAY

WEEK 10

Barbecue Chili with Corn

Southwestern Beef Tacos- double and freeze half

City Chicken (Pork dish)

Oven Baked Teriyaki Chicken Thighs

Pizza Made with Fast and Easy Pizza Dough

Produce:

items to top pizza
3 large onions
4 bell peppers
2 cloves garlic

Meat/Poultry/Seafood:

1 lb lean (at least 80%) ground beef
5 lb. or so beef roast
2 lbs. boneless sirloin pork chops
9 boneless, skinless chicken thighs (about 2 1/2 pounds)
items to top pizza

Prepared Foods:

1 can (22 oz) Bush's southern pit barbecue grilling beans
1 can (14.5 oz) fire roasted diced tomatoes, undrained
1 can (8 oz) tomato sauce
1 can (14.5 oz) corn
corn chips (such as Fritos)
2 1(4 1/2 oz.) cans Mexican-style diced tomatoes OR 2 cans
of Rotel tomatoes
salsa and or guacamole
dry onion soup mix
chicken broth

Dairy:

2 cups shredded Cheddar cheese (8 oz)
sour cream

Bread/Pasta:

Small flour tortillas
rice, pasta, or mashed potatoes to serve City Chicken over

Pantry:

chili powder
ground cumin
chili powder
garlic powder
garlic salt
honey
flour
yeast
Kosher salt
pepper
flour
garlic powder
butter
canola oil
bay leaf
cornstarch
white sugar
soy sauce
rice vinegar