



WWW.REALMOMKITCHEN.COM

MENU PLAN MONDAY

WEEK 23

Chili Con Carne Nachos
Chicken Fried Rice
Slow Cooker Creamy Tortellini Soup
Costco Turkey and Provolone Sandwiches
Mini Corn Dogs

Produce:

2 tomatoes
1 red onion
1 (8 oz) pkg sliced fresh mushrooms
½ bag (4.5 oz) fresh spinach leaves
2 carrots
2 white onions
5 Garlic cloves
green onion, optional garnish
desired toppings for nachos such as – diced avocado, diced tomatoes, salsa, sliced olives, diced green onion, chopped cilantro, sour cream, and guacamole

Meat/Poultry/Seafood:

12 beef franks (I used Ball Park franks I got from Costco)
1 pound sliced cooked turkey breast
1 lb Italian sausage, browned (or ½ ground beef and ½ sausage)
1 to 2 Chicken breasts or 10 Chicken Tenders
2-2½ lbs. beef chuck roast

Prepared/Canned Foods:

½ cup prepared pesto
1 (24 oz) jar marinara sauce
4 cups chicken broth
1 (15 oz) can red enchilada sauce
¾ cup apple butter

Frozen Foods:

1 (16-19 oz) pkg frozen cheese tortellini
¾ cup frozen peas

Breads/Rice:

5 Costco Torta rolls or ciabatta rolls
5-6 cups white rice (cooked)
Tortilla Chips

Dairy:

5 slices of provolone cheese
1 (8 oz) pkg regular cream cheese
shredded parmesan cheese, optional for topping
3 eggs
shredded cheese

Pantry:

oil for frying (I use canola)
cornstarch
yellow (or white) cornmeal
all-purpose flour
salt
sugar
baking powder
egg
buttermilk
light mayonnaise
soy sauce
½ cup butter
crushed red pepper, optional