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MENU PLAN MONDAY

WEEK 29

Crock Pot Pork Carnitas
Grilled Shrimp Skewers
Neiman Marcus Chicken Salad
Creamy Skillet Spaghetti
Crock Pot Chili Dogs

Produce:

3 medium onion
fresh parsley
5 garlic cloves
1 cup diced celery
1½ cup purple grapes, halved
desired toppings for pork carnitas– cheese, cilantro, salsa,
sour cream, lettuce, avocado, lime juice, etc.

Meat/Poultry/Seafood:

2 lb. pork tenderloin roast
1 1/2 pound uncooked large shrimp, peeled and deveined
4 cups cooked and diced chicken (I used a rotisserie
chicken)
½ lb. ground beef
½ lb. ground italian sausage
10 hot dogs

Prepared/Canned Foods:

1 (16 oz) jar salsa verde
1 (10 oz) can Ro*Tel (I used mild)
½ cup toasted sliced almonds plus additional for garnish if
desired (I bought them toasted from the store)
2 (14.5 oz) cans crushed tomatoes
2 (15 oz) cans without beans
1 (10-3/4 oz) can cheddar cheese soup, undiluted
1 (4 oz) can green chilies
1 to 2 cups corn chips, coarsely crushed

Breads/Rice/Pasta:

tortillas for pork carnitas
8 oz. uncooked thin spaghetti noodles
10 hot dog buns, split

Dairy:

1 cup whipping cream
½ cup Shredded Parmesan Cheese
2 cups shredded mozzarella cheese
1 cup (4 ounces) shredded cheddar cheese

Pantry:

cumin
canola oil
chili sauce
cider vinegar
Worcestershire sauce
pepper
salt
1 cup light mayonnaise
butter
olive oil
sugar
dried parsley
dried basil
dried oregano