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MENU PLAN MONDAY

WEEK 3

*Applesauce BBQ sauce Shredded Pork served on rolls or buns - this recipe will make enough to freeze half
Cheesy Potato Soup in the Slow Cooker
Bow Tie Skillet Lasagna
Salad Dressing Chicken Marinade
Tasty Burritos*

Produce:

2 onions
russet potatoes (about 5 medium)
celery

Dairy:

1 1/2 cups half-and-half
1 bag (8 oz) shredded American and Cheddar cheese blend
(or similar blend)
(4 ounces) shredded Colby-Monterrey Jack cheese
1/2 cup shredded mozzarella cheese
Sour cream
Parmesan cheese, if desired

Meat/Poultry/Seafood:

4-6 chicken breasts
2 pounds ground beef
4 slices bacon
3 lb pork loin

Bread/Pasta:

1 lb. box or pkg of mini farfalle or mini bow tie pasta
6-8 sub rolls or bun
6 flour tortillas (12 inches)

Prepared Foods:

1 envelope taco seasoning
1 can (16 ounces) refried beans
salsa
1 carton (32 oz) chicken broth (4 cups)
2 cup applesauce
1 cup salad dressing (vinaigrette works best)
24 oz jar spaghetti sauce

Pantry:

ketchup
brown sugar
lemon juice
ground black pepper
salt
paprika
garlic powder
ground cinnamon
all-purpose flour
canola oil
olive oil
garlic powder
Italian seasoning