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MENU PLAN MONDAY

WEEK 35

Balsamic BBQ Beef Skewers
Grilled Chicken Bruschetta Thin Crust Pizza
Chicken and Roasted Red Pepper Sandwiches
BBQ Pulled Pork Nachos
Hearty Eight Layer Salad

Produce:

2 cups cherry or grape tomatoes
sliced tomato for sandwich
lettuce for sandwich
6 roma tomatoes (or similar amount of tomatoes)
2 cloves minced garlic
6-8 basil leaves
1 bunch green onions
3 cups of romaine lettuce cut into bit sized pieces
fresh parsley

Meat/Poultry/Seafood:

1 lb. top sirloin beef steak, cut into 1 inch cubes
6 chicken breasts
2-3 cooked chicken breasts, diced
1 container (18 oz) refrigerated seasoned shredded pork
in original BBQ sauce (I used Curley's) or about 2 1/4 cup
leftover bbq shredded pork
1 cup julienned fully cooked ham
1 cup julienned hard salami

Dairy:

1 container Italian Cheese and Herb Philadelphia Cooking
Cream
4 cups shredded mozzarella
3 cups shredded Cheddar cheese
3 hard-cooked eggs
sour cream
1 cup (4 ounces) shredded Colby or Cheddar Cheese

Prepared/Canned Foods:

1/2 cup roasted red peppers, sliced
3 Tbsp pesto
1 can (16 oz) chili beans in medium sauce, undrained (I used
Bush's)
1 bag (around 12 oz.) triangle-shaped corn tortilla chips
1 lb. creamy-style deli coleslaw, drained or leftover creamy
coleslaw, drained
1/2 of a 10 oz pkg of frozen peas, thawed

Breads/Rice/Pasta:

1 loaf focaccia bread (around 13 oz in size)
10 flour tortillas (I used the small taco sized)
1-1/2 cups uncooked small pasta shells

Pantry:

balsamic vinaigrette
barbecue sauce
Dijon mustard
salt and pepper
mayonnaise
olive oil
balsamic vinegar
vegetable oil