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## MENU PLAN MONDAY

### WEEK 4

*Barbecue Chili with Corn*  
*Southwestern Beef Tacos-*  
*City Chicken (Pork dish)*  
*Citrus and Mustard Chicken Marinade*  
*Pizza Made with Fast and Easy Pizza Dough*

#### **Produce:**

items to top pizza  
2 large onions  
2 bell peppers  
lime juice  
3 cloves of garlic

#### **Meat/Poultry/Seafood:**

1 lb lean (at least 80%) ground beef  
2 1/2 lb. or so beef roast  
2 lbs. boneless sirloin pork chops  
6 chicken breasts  
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)  
1 14 1/2 oz. can Mexican-style diced tomatoes OR 1 can of Rotel tomatoes  
salsa and or guacamole  
dry onion soup mix  
chicken broth

#### **Bread/Pasta:**

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

#### **Dairy:**

2 cups shredded Cheddar cheese (8 oz)  
sour cream

#### **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  
olive oil  
apple cider vinegar  
brown sugar  
mustard