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## MENU PLAN MONDAY

### WEEK 5

*French Onion Slow Cooker Pot Roast*

*Instant Parmesan Chicken*

*Smoky BBQ Pork Sandwiches - this recipe makes enough for 2 meals so freeze half*

*Beef and Bean Taco Skillet*

*Thick and Creamy Tomato Soup*

#### **Produce:**

2 stalks of celery  
4 carrots  
onion  
diced green onion, optional for garnish

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

3-4 pound boneless beef chuck roast  
2-3 lb boneless pork loin roast  
1 lb. ground beef  
6 frozen breaded chicken breast patties

#### **Prepared Foods:**

1 (10.5oz) can Campbell's condensed french onion soup  
1 (28 oz) jar marinara sauce  
1 (16-20 oz) bottle BBQ Sauce  
1 pkt taco seasoning  
1 (16 oz) can Bush's pinto beans  
1 (10 3/4 oz) can tomato soup  
1 (10 1/2 oz) diced tomatoes and green chilies(like Ro\*Tel)  
2 (14 1/2-ounce) cans diced tomatoes

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

1 cup fully cooked rice  
4-6 large buns for bbq sandwiches  
spaghetti noodles

#### **Dairy:**

2 cups Half & Half  
1/2 cup shredded cheddar cheese  
6 slices provolone cheese  
Parmesan cheese

#### **Pantry:**

paprika  
garlic powder  
dry mustard  
liquid smoke  
butter  
flour  
salt  
pepper  
sugar  
Worcestershire sauce  
canola oil