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## MENU PLAN MONDAY

### WEEK 7

*Easy Cheesesteak Subs*  
*Teriyaki Chicken Rice Bowls*  
*Mini English Muffin Pizzas*  
*Slow Cooker Mexican Pulled Pork Tacos*  
*3 Ingredient Crockpot Pasta Sauce- double recipe and freeze half for later*

#### **Produce:**

17 garlic cloves  
green pepper  
onion  
any desired pizza toppings  
any desire taco toppings

#### **Dairy:**

4-6 slices provolone cheese  
1 1/2 cups shredded mozzarella  
shredded cheese for tacos  
sour cream for tacos

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

1 lb pound deli roast beef  
1 lb boneless skinless chicken breasts or thighs  
any desired pizza toppings  
1 (1 lb) pork tenderloins  
2 lb. Italian sausage

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

4-6 (6-inch) sub rolls  
1 1/2 cups rice  
tortilla shells  
pasta to serve sauce over  
6 English Muffins

#### **Prepared Foods:**

A-1 steak sauce  
2 (8 oz) cans tomato sauce  
6 (14.5 oz) cans crushed tomatoes  
1 (14 oz) jar pizza sauce or 1 1/2 cups jarred spaghetti sauce

#### **Frozen Foods:**

3 cups frozen stir-fry vegetables

#### **Pantry:**

butter  
dried oregano  
salt  
pepper  
cornstarch  
sugar  
soy sauce  
rice vinegar  
chili powder  
ground cumin  
brown sugar  
cayenne pepper