

January 13-19

Meal Plan

Mon	 <u>Gnocchi with Tomato Sauce</u> Soft, pillowy gnocchi in a rich tomato sauce, topped with gooey mozzarella cheese. Kids love it!	BREAKFAST IDEAS • Poppy Seed Muffins • Steak and Eggs • Country Ham and Red Eye Gravy
Tue	 <u>One Dish Pork Chops and Rice</u> This quick and easy recipe has just a few steps and uses simple ingredients. You'll have a delicious dinner on the table in no time!	
Wed	 <u>Homemade Vegetable Beef Soup</u> This hearty, satisfying soup is very versatile and a great option for dinner on a chilly evening.	LUNCH IDEAS • Homemade Chicken Noodle Soup • Grilled Cheese Florentine • Tuna Melt
Thu	 <u>Chicken and Broccoli Bubble Up Casserole</u> An easy dinner recipe that combines juicy chicken, melty cheddar cheese, and broccoli with a creamy base for a cozy, delicious family friendly recipe.	
Fri	 <u>Pan Fried Fish with Roasted Red Pepper Sauce</u> Just one bite of this hearty, rich, and tender fish will have you wondering how a dish this fantastic can be made in just 30 minutes!	SNACK & DRINK IDEAS • Caramel Mocha Latte • Spicy Cheese Crackers • Almond Joy Cookies
Sat	 <u>Roasted Veggie Pizza</u> A classic pizza crust topped with ricotta and roasted vegetables. Quick and easy Saturday night dinner!	
Sun	 <u>The BEST Marinated Pork Loin</u> Lean pork is marinated in simple, savory flavors, then seared and roasted. The results are a perfectly crisp outside that seals in a succulent and juicy inside.	



Shopping List

Baby spinach	3 ounces
Balsamic vinegar	2 tablespoons
Basil, fresh chopped	3 tablespoons
Beef (stew beef, oxtails, or short ribs)	1 pound
Beef broth	46 ounces (1 quart box + 14 ounce can)
Biscuits, refrigerated	16.3 ounces
Bread	2 slices
Broccoli, frozen	10 ounces
Butter	4 tablespoons
Carrot, sliced	1 cup
Celery	2 ribs
Celery seed	1 teaspoon
Cheddar cheese	1 ½ cups
Chicken broth	1 ½ cups
Chicken, cooked	2 cups
Cooking oil	2 tablespoons
Cooking spray	
Cream of chicken soup	10.5 ounces
Dry mustard	2 teaspoons
Egg	1
Flour (for dredging)	About ½ cup
Garlic	6 cloves
Garlic powder	1 teaspoon
Gnocchi	1 pound
Grape tomatoes	2 cups
Green beans, canned	14.5 ounces
Green bell pepper, small	2
Grouper filets	4
Lemons	2
Mozzarella cheese	8 ounces
Mustard seed	1 teaspoon
Olive oil, extra virgin	1/3 cup + ¼ cup
Onion	3
Oregano, dried	½ teaspoon
Parmesan cheese	2 ounces
Parsley, fresh chopped	6 tablespoons
Pine nuts (pignoli)	3 tablespoons
Pizza crust, refrigerated	1
Pork chops, center cut boneless	6
Pork loin	2 pounds
Potatoes, diced	4 cups
Red onion	½
Red wine vinegar	¼ cup
Ricotta cheese	1 cup

Roasted red peppers (jarred)	12 ounces
Rosemary, fresh	2 sprigs
Seasoning salt or seafood seasoning	
Sour cream	1 cup
Soy sauce	1/3 cup
Tomato, fresh Roma (plum)	1
Tomatoes, canned diced	29 ounces
Tomatoes, canned whole	14.5 ounces
White rice, long-grain	1 cup
Worcestershire sauce	1 tablespoon

