








February 17-23

Meal Plan

Mon	 <p><u>Vegetable Chili</u> A hearty bowl of chili full of beans, tomatoes, and bold spices.</p>	BREAKFAST IDEAS <u>Bacon and Cheese Frittata</u> <u>Hash Brown Omelet Skillets</u> <u>Cinnamon Raisin Biscuits</u>
Tue	 <p><u>Southwest Pulled Pork Sliders (Slow Cooker)</u> Slow-cooked pork with smoky southwestern flavors, served on soft buns.</p>	
Wed	 <p><u>Pasta with Italian Sausage and Tomatoes</u> A rich, hearty pasta dish featuring savory Italian sausage in a flavorful tomato sauce.</p>	LUNCH IDEAS <u>Georgia BLT</u> <u>Winter Shrimp Salad</u> <u>Tuscan Minestrone</u>
Thu	 <p><u>Marry Me Chicken</u> This creamy, flavorful chicken dish is perfect for a comforting and satisfying weeknight meal.</p>	
Fri	 <p><u>Pepperoni Pizza Crescent Rolls</u> A fun and cheesy twist on classic pizza—easy to make and guaranteed to please the whole family!</p>	SNACK IDEAS <u>Guacamole</u> <u>Sweet and Spicy Peanuts</u> <u>Crispy Air Fryer Onion Rings</u>
Sat	 <p><u>White Chicken Chili</u> A creamy alternative to traditional chili, with tender chicken, white beans, and warming spices.</p>	
Sun	 <p><u>Chicken and Mushroom Casserole</u> A rich and creamy casserole that's the perfect slow-cooked Sunday meal.</p>	



Shopping List

All-purpose flour	¾ cup
Basil, fresh	1 tablespoon
Bay leaf	1
Beef broth	4 cups
Boston butt pork roast	3 pounds
Bread crumbs	½ cup
Brown rice	1 ½ cups
Butter	2 sticks
Butter	2 tablespoons
Carrots	2
Celery	3 ribs
Chicken	1 whole
Chicken breasts	3
Chicken broth	1 ¾ cups
Chili powder	1 ½ tablespoons
Cinnamon, ground	½ teaspoon
Cream of chicken soup	10.5 ounces (1 can)
Crescent rolls, refrigerated	8 ounces
Cumin, ground	1 ¾ teaspoon
Diced tomatoes with juice, canned	43.5 ounces (3 cans)
Garlic	8 cloves
Green bell pepper	1
Green chilies, canned chopped	8 ounces
Half and Half	2 cups
Heavy cream	1 cup
Hot pepper sauce	Dash
Italian sausage, mild	1 pound
Italian seasoning	2 teaspoons
Jalapenos	1
Kidney beans, canned	14.5 ounces (1 can)
Lemon	1
Lime	1
Mayonnaise	¾ cup
Mexican crema or sour cream	(for garnish)
Milk	1 cup
Monterey Jack cheese	6 ounces
Mozzarella cheese	8 cubes
Mushrooms, fresh	4 ounces
Olive oil	5 tablespoons
Onions	5
Oranges	2
Oregano, dried	2 teaspoons
Parmesan cheese	1 ½ cup
Parsley, fresh chopped	2 tablespoons

Pasta	8 ounces
Pepperoni	24 slices
Pickled jalapeno slices	(for garnish)
Pimiento, diced	2 tablespoons
Pizza sauce, jarred	2 cups
Red pepper flakes	1 teaspoon
Rotisserie chicken	1
Salsa	15.5 ounces
Sliced almonds	¾ cup
Slider rolls (or dinner rolls)	1 package
Sour cream	½ cup
Sun-dried tomatoes	1/3 cup
Tabasco	1 teaspoon
Taco seasoning	1 packet
Thyme leaves, fresh	½ teaspoon
Tomato paste	6 ounces
White beans, canned	16 ounces (1 can)