

LITTLE HOBOKEN WEEKLY MEAL PLAN

by the homemade mom, Julie Knott

MON

Slow-Cooker Zucchini
Lasagna

TUES

Slow-Cooker Cranberry
Meatballs with Honey
Glazed Carrots & Rice

WED

Slow-Cooker French
Onion Soup

THU

Slow-Cooker
Chicken Taquitos

FRI

Slow-Cooker
Beef Stroganoff

SHOPPING LIST

Spinach	1
Zucchini	4
Baby carrots (large bag)	1
Navel orange	1
Fresh parsley	1
Fresh chives (small package)	1
Fresh cilantro	1
Heads of garlic	2
Yellow onions	4
Mushrooms	1
Ground beef	1 lb.
Boneless, skinless chicken thighs	4
Stew meat (round or chuck cuts)	1.5-2 lbs.
Ground parmesan cheese	1
15-oz part-skim ricotta	1
Fresh mozzarella (ball or shredded)	1
Gruyere or Swiss cheese	8-12 slices
Cream cheese	2
Bag of Mexican blend cheese	1
Sour cream	1
Butter	1 stick
Eggs	2

pantry

Apple cider vinegar	Small jar of salsa
Salt	Tomato sauce
Pepper	Honey
Bay leaf	Low-sodium beef broth
Chili powder	Breadcrumbs
Garlic powder	Dijon mustard
Cumin	Worcestershire sauce
Italian seasoning	Rice (any kind)
Corn starch	Ketchup
Brown sugar	Sweet chili sauce
Whole wheat flour tortillas (12-inch)	French bread
	Egg noodles



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