

LITTLE HOBOKEN'S WEEKLY MEAL PLAN

by Julie Knot

MON

Spicy Sausage Carbonara

TUES

One-pan Fabulous Fish

WED

Broccoli, Cannellini Bean
& Cheddar Soup

THU

Chicken Pot Pie

FRI

Veggie Pizza

SHOPPING LIST

Cherry Tomatoes	1 big box
Broccoli Crowns	1lb
(Frozen) Bag of Mixed Veggies 1	1
Fresh Parsley	1
Fresh Basil	1
Fresh Pesto	1
Italian Sausage	2 links
White Fish Fillets (any kind)	4 fillets
Cooked Chicken Breasts	2 cups
Grated Parmesan Cheese	1
Mozzarella Cheese (Shredded)	1 cup
Extra Sharp Cheddar Cheese (Shredded)	1 cup
Eggs (Large)	2

pantry

Olive Oil	1
Salt	1
Freshly Ground Pepper	1
Premade Pie Crusts	2
Prepared Pizza Dough	1
Egg Noodles	8-oz
Basmati Rice	1
Olive Tapenade	1
Ckn or Veg Broth	1 14oz can
Cannellini beans	1 14oz can
Condensed Cream of Ckn Soup	1 can



*more recipes on
@seasongenerously*