

*Kitchen List*  
*Sample*  
*Weekly Meal Plan,*  
*Grocery List,*  
*And Recipes*

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## **NOTES:**

- This menu is designed to feed 6 adults.
- We recommend you read through the week's meal plan before heading to the grocery store.
- Sunday suppers are designed with the flexibility to be primarily prepared the day before, leaving minimal prep work for Sunday.
- Feel free to rearrange the meal plan according to your scheduling needs.
- Desserts/treat recipes are only included once a week (usually Sundays) in addition to holidays; This does not mean that you should not enjoy dessert on other days, just make sure you add the ingredients/items for additional desserts to your shopping list.
- Grocery Lists do not include beverages, unless noted.

# PANTRY ESSENTIALS

(these are assumed to be in your kitchen at all times)

## Spices:

- Black Pepper
- Cayenne Pepper
- Cumin
- Dried Basil
- Dried Bay Leaves
- Dried Chives
- Dried Dill Weed
- Dried Parsley Flakes
- Dried Thyme Leaves
- Garlic Powder
- Ground Allspice
- Ground Cardamom
- Ground Cinnamon
- Ground Cloves
- Ground Ginger
- Ground Mustard
- Ground Nutmeg
- Ground Oregano
- Ground Turmeric
- Mild Chili Powder
- Onion Powder
- Paprika
- Poultry Seasoning
- Pumpkin Pie Spice
- Salt (plain/sea salt and kosher)
- Seasoned Salt

## Baking:

- Unbleached All-Purpose Flour
- Whole Wheat Flour
- Cornmeal
- Granulated Sugar
- Light Brown Sugar
- Pure Stevia Extract Powder
- Baking Soda
- Baking Powder
- Baking Cocoa
- Cream of Tartar
- Vanilla Extract
- Honey
- Instant Yeast

## Cooking:

- White Vinegar
- Apple Cider Vinegar
- Worcestershire Sauce
- Mesquite Liquid Smoke®
- Cooking Spray
- Olive Oil
- Coconut Oil
- Avocado Oil
- Low Sodium Chicken Bouillon
- Low Sodium Beef Bouillon
- Low Sodium Soy Sauce
- Long-Grain Jasmine Rice

**Monday:**

- Sheet Pan Sausages, Peppers, and Onions
- Yellow Rice
- Minted Lemon Butter Peas

**Tuesday:**

- Crockpot Taco Soup
- Tortilla Chips
- Roasted Broccoli and Cauliflower

**Wednesday:**

- Roasted Chicken Drumsticks
- Baked Sweet Potatoes with Butter
- Wedge Salads

**Thursday:**

- French Toast Bake with Syrup
- Oven-Cooked Bacon
- Cantaloupe and Pineapple Cubes

**Friday:**

- Pepperoni Calzones
- Frozen Green Beans

**Saturday:**

- Sesame Chicken
- Vegetable Lo Mein

**Sunday:**

- Marinated Pork Roast
- Chive Mashed Potatoes
- Roasted Carrots
- Salad Kit of Choice
- Apple Crisp with Vanilla Ice Cream

## Grocery List:

### **Pantry:**

1 can (14.5 oz.) Diced Tomatoes  
1 can (15 oz.) Tomato Sauce  
1 can (28 oz.) Tomato Puree  
1 can (15.25 oz.) No-Salt-Added Corn  
1 can (15 oz.) Black Beans  
1 can (15.5 oz.) Pinto Beans  
Mayonnaise (1/3 cup)  
Bacon Bits (1/4 cup)  
Lemon Juice (3 Tbsp.)  
Syrup (for French Toast Bake)  
Hoisin Sauce (3 Tbsp.)  
Toasted Sesame Seed Oil (1 Tbsp.)  
Sesame Seeds (3 Tbsp.)  
Reduced Sodium Taco Seasoning (1 pkt. – 1 oz.)  
Dried Mint (1/2 tsp.)  
Garlic Salt  
Red Pepper Flakes, optional  
Cornstarch (3 Tbsp.)  
Old Fashioned Oatmeal (1 1/2 cups)  
Spaghetti (12 oz.)  
French Bread (1 loaf - 14 oz.)  
Tortilla Chips

**Produce:**

Bell Peppers (3 multicolored and 3 green)

Onions (3)

Baby Carrots (2 lb.)

Whole Mushrooms (8 oz.)

Iceberg Lettuce (1 large head)

Family-Size Salad Kit (flavor of your choice)

Tomatoes (2)

Green Onions (1 bunch)

Potatoes (3 lbs.)

Sweet Potatoes (6 medium)

Apples (3 lbs.) [Granny Smith or Fuji]

Cantaloupe (1)

Pineapple (1)

**Meat:**

Sliced Pepperoni (6 oz.)

Ground Beef (1 lb.)

Chicken Drumsticks (4 lbs.)

Boneless Skinless Chicken Breasts (1 1/2 lbs.)

Bacon (1 lb.)

Smoked Sausage Links (24 oz.)

Boneless Pork Loin (3-4 lbs.)

**Dairy and Eggs:**

Shredded Cheddar Cheese (for topping Taco Soup)

Shredded Mozzarella Cheese (6 oz.)

Plain Yogurt (1 1/3 cups)

Sour Cream (1/3 cup + for topping Taco Soup)

Butter (3 sticks and 1 Tbsp.)

Milk (3 1/2 cups)

Eggs (8)

**Frozen:**

2 bags (12 oz. each) Frozen Peas

2 bags (12 oz. each) Frozen Broccoli

1 bag (12 oz.) Frozen Cauliflower

1 bag (20 oz.) Frozen Stir-Fry Blend

Frozen Green Beans (1 meal's worth)

Vanilla Ice Cream (for serving with Apple Crisp), optional



### Sheet Pan Sausages, Peppers, and Onions

24 oz. smoked sausage links (mild or spicy), cut into rounds

2 onions, thinly sliced

3 green bell peppers, thinly sliced

3 multicolored bell peppers, thinly sliced

2 Tbsp. olive oil

3/4 tsp. garlic powder

1/2 tsp. kosher salt

1/2 tsp. dried basil

1/4 tsp. ground oregano

1/4 tsp. black pepper

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1. Line a rimmed sheet pan with aluminum foil; grease.

2. Add the peppers and onions to the sheet pan.

3. Drizzle with olive oil and sprinkle with spices.

4. Mix to distribute evenly.

5. Add the sausage slices and mix again.

6. Bake at 400°F for 35-40 minutes, stirring halfway.

This makes 6 servings.

### Yellow Rice

1 1/2 cups long-grain jasmine rice  
1 Tbsp. olive oil  
3 cups chicken broth from bouillon  
1 tsp. onion powder  
3/4 tsp. ground turmeric  
1/4 tsp. black pepper  
1/4 tsp. garlic powder

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1. In a large saucepan, heat the oil over low heat.
2. Add the rice.
3. Toast the rice until lightly golden and fragrant.
4. Add the broth and spices (there will be a loud sizzling and steam).
5. Bring to a boil, cover, turn down heat, and simmer for 15-20 minutes.
6. Once all the liquid is absorbed remove from the heat.
7. Cover and let sit 5 minutes.
8. Fluff with a fork before serving.

This makes 6 servings.

### Minted Lemon Butter Peas

2 bags (12 oz.) frozen peas

3 Tbsp. butter, melted

1 Tbsp. lemon juice

1/2 tsp. dried mint

1/2 tsp. dried basil

1/2 tsp. salt

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1. Cook the peas in the microwave or on the stovetop.
2. In a small bowl, combine the butter, lemon juice, mint, basil, and salt.
3. Pour over the peas and stir to coat evenly.

This makes 6-8 servings.

## Crockpot Taco Soup

1 lb. ground beef  
2 tsp. olive oil  
1 onion, diced  
1 can (15 oz.) black beans, drained  
1 can (15 oz.) pinto beans, drained  
1 can (15.25 oz.) no-salt added corn, drained  
1 can (14.5 oz.) diced tomatoes  
1 can (15 oz.) tomato sauce  
2 cups beef broth from bouillon  
1 pkt. (1 oz.) reduced sodium taco seasoning  
1/2 tsp. onion powder  
1/2 tsp. garlic powder  
1/4 tsp. dried dill weed  
1/2 tsp. dried chives  
Shredded Cheddar Cheese, for serving  
Sour Cream, for serving

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1. In a large pot, brown and crumble the beef; drain and add to the slow cooker.
2. In the same pot, heat the oil.
3. Add the onion and sauté for 3-5 minutes.
4. Transfer to the slow cooker.
5. Add the beans, corn, diced tomatoes, tomato sauce, beef broth, taco seasoning, and spices; stir to combine.
6. Cook on Low for 6-8 hours or High for 3-4 hours.
7. Serve with sour cream and cheese.

This makes 6 servings.

### Roasted Broccoli and Cauliflower

2 bags (12 oz.) frozen broccoli  
1 bag (12 oz.) frozen cauliflower  
1 Tbsp. olive oil  
1/2 tsp. garlic powder  
1/2 tsp. Kosher salt  
1/4 tsp. black pepper

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1. Line a rimmed sheet pan with aluminum foil.
2. Add the broccoli and cauliflower.
3. Drizzle with oil and sprinkle with seasonings.
4. Bake at 450°F for 12.
5. Broil for 5-7 minutes or until the vegetables are lightly browned.

This makes 6 servings.

### Roasted Chicken Drumsticks

4 lbs. chicken drumsticks

1 1/2 tsp. salt

1 tsp. paprika

3/4 tsp. black pepper

1/2 tsp. garlic powder

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1. Line a rimmed baking sheet with aluminum foil; grease.
2. Place the chicken on the pan, evenly spaced apart.
3. In a small bowl, mix the spices.
4. Rub each drumstick with seasoning.
5. Bake at 425°F for 35-45 minutes or until an inserted thermometer reads 165°F.

This makes 6 servings.

### Baked Sweet Potatoes

6 medium-sized sweet potatoes, washed

1 Tbsp. olive oil

Salt and pepper

Butter for serving, optional

Brown sugar for serving, optional

Cinnamon for serving, optional

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1. Use a fork to pierce holes (about 10) in the sweet potatoes.
2. Rub the outside of each potato with oil and sprinkle with salt and pepper.
3. Wrap each potato in aluminum foil.
4. Bake at 400°F for 45-60 minutes, or until easily pierced by a knife.
5. Serve with butter, brown sugar, and cinnamon, if desired.

This makes 6 servings.

### Wedge Salads

1 large head iceberg lettuce, outer leaves removed and washed

2 tomatoes, diced

1/4 cup bacon bits

Ranch Dressing [recipe follows]

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1. Cut the head of lettuce into 6 wedges.
2. Microwave the bacon bits (make sure to cover them) for 30 seconds.
3. Top each wedge with dressing, tomatoes, and bacon bits.

This makes 6 servings.



### Ranch Dressing

1/3 cup mayonnaise  
1/3 cup plain yogurt  
1/3 cup sour cream  
1 tsp. dried dill weed  
1/2 tsp. dried parsley flakes  
1/2 tsp. dried chives  
1/2 tsp. garlic powder  
1/2 tsp. salt  
1/4 tsp. onion powder  
1/4 tsp. black pepper  
2 tsp. vinegar  
1/2 tsp. Worcestershire sauce  
1/3-3/4 cup milk, as needed for consistency

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1. Whisk all the ingredients (start with 1/3 cup milk, adding more as needed).

This makes about 1 1/2 cups.

### French Toast Bake

1 loaf French bread, cut into 1-inch cubes

8 eggs

2 cups milk

1 cup plain yogurt

1/4 cup honey

1 1/2 tsp. cinnamon

1 tsp. vanilla extract

1/2 tsp. salt

1/4 cup maple syrup + more for topping

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1. Add the bread cubes to a greased 9x13" pan.
2. In a large bowl, whisk together the eggs, milk, yogurt, honey, cinnamon, vanilla, and salt.
3. Pour over the bread cubes.
4. Drizzle with 1/4 cup syrup.
5. Cover and bake at 350°F for 25 minutes.
6. Uncover and bake for 15-20 minutes longer, or until an inserted knife comes out clean.
7. Serve with syrup.

This makes 6-8 servings.

## Oven-Cooked Bacon

1 pound bacon

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1. Line a rimmed baking pan with aluminum foil.
2. Lay out the bacon in an even layer on the prepared pan.
3. Bake at 400°F for 20 minutes, or until perfectly crispy.
4. Remove to a paper towel-lined plate to drain.

## Pepperoni Calzones

2 1/4 tsp. yeast

1 tsp. sugar

1 1/2 cups warm water (110-115°F)

3 Tbsp. olive oil

1 1/2 tsp. salt

1 tsp. vinegar

3 3/4 – 4 cups flour

1 1/2 cups shredded mozzarella cheese

1 pkg. (6 oz.) sliced pepperoni

2 Tbsp. butter, melted

Garlic salt

Pizza sauce, for dipping

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1. In the bowl of a stand mixer, dissolve the yeast and sugar in the warm water; let stand 5 minutes.
2. Add the oil, salt, vinegar, and 2 1/2 cups flour; beat on low speed until smooth.
3. Begin kneading the dough on low speed, gradually adding enough remaining flour to form a dough.
4. Knead for about 7 minutes total. You may not need all of the flour. The dough should be slightly sticky to the touch, smooth, and elastic.
5. Place the dough ball in a greased bowl (you can use the stand mixer's bowl), turning once to grease the top of the ball.
6. Cover and let rise for 1-1 1/2 hours in a warm place.
7. Punch dough down and turn onto a floured lightly surface.
8. Divide the dough into 6 pieces.
9. Roll each piece into a circle about 1/4" thick.
10. Top each circle with 1/4 cup shredded mozzarella and 1 oz. pepperoni, only placing on one half of the circle and leaving room at the edges (semicircle shape).

11. Fold the other half of the circle over and use a fork's tines to seal the edges and create a pretty pattern.
12. Use the fork to prick a few holes in the top of each calzone.
13. Transfer to two greased baking sheets.
14. Brush the calzones with the butter and sprinkle with garlic salt.
15. Bake at 450°F for 12-15 minutes (monitor carefully after the 12-minute mark).
16. Serve with warm pizza sauce for dipping.

This makes 6 hearty calzones.

### Pizza Sauce

- 1 can (28 oz.) tomato puree (sauce in a pinch)
  - 1 tsp. salt (1/2 tsp. if using tomato sauce)
  - 1/4 tsp. ground oregano
  - 1/4 tsp. dried basil
  - 1/4 tsp. ground or dried marjoram, optional
  - 1/2 tsp. dried thyme leaves
  - 1 tsp. garlic powder
  - 1 tsp. onion powder
  - 1/16 tsp. cayenne pepper
  - 1 tsp. paprika
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1. Blend all the ingredients together.

This makes 2 pizzas worth of sauce (or the equivalent of 2 – 14 oz. jars of pizza sauce).

### Sesame Chicken

1 1/2 lbs. boneless skinless chicken breasts, cut into bite-sized pieces

3 Tbsp. cornstarch

1/16 tsp. salt

1/16 tsp. pepper

1 Tbsp. olive oil

4 1/2 Tbsp. low sodium soy sauce

3 Tbsp. honey

1/2 tsp. garlic powder

1/8 tsp. ground ginger

3 Tbsp. sesame seeds

1 Tbsp. sesame oil

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1. In a large plastic bag, combine the cornstarch, salt, and pepper.
  2. Add the chicken and shake to coat the pieces evenly.
  3. In a small bowl, whisk together the soy sauce, honey, garlic powder, ginger, sesame seeds, and sesame oil.
  4. Heat the olive oil in a skillet over medium heat.
  5. Add the chicken pieces.
  6. Cook until golden brown, crispy, and cooked through (cut a piece in half to check).
  7. Add the sauce and stir to coat the chicken.
  8. Allow to simmer for 3-4 minutes or until the sauce is thick and sticky.

This makes 6 servings.

## Vegetable Lo Mein

1 Tbsp. olive oil  
1 bag (20 oz.) frozen stir-fry vegetable blend  
2 Tbsp. water  
6 Tbsp. low sodium soy sauce  
3 Tbsp. Hoisin sauce  
1 Tbsp. toasted sesame oil  
1/16 tsp. pure stevia extract powder (or 2 Tbsp. brown sugar)  
1 tsp. garlic powder  
1/2 tsp. onion powder  
1/2 tsp. ground ginger  
1/4 tsp. black pepper  
1/4-3/4 tsp. red pepper flakes, optional  
12 oz. dry spaghetti noodles, cooked

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1. In a large skillet, heat the olive oil; add the stir fry vegetable blend and water.
2. Cover and cook over medium heat for 10 minutes, or until crisp-tender.
3. While the vegetables are cooking, whisk together the soy sauce, Hoisin sauce, sesame oil, stevia, garlic powder, onion powder, ginger, black pepper, and red pepper flakes in a small bowl.
4. Add the spaghetti noodles to the skillet; pour over the sauce mixture.
5. Turn off heat; stir to coat evenly.
6. Let rest for 3-5 minutes before serving.

This makes 6 servings.

## Marinated Pork Roast

3-4 lb. boneless pork loin  
1 bunch green onions, sliced  
2 1/4 cups chicken broth, from bouillon, divided  
1/4 cup apple cider vinegar  
2 Tbsp. olive oil  
3/4 tsp. garlic powder  
1/2 Tbsp. dried thyme leaves  
1/2 tsp. black pepper  
1 tsp. salt  
8 oz. whole mushrooms, halved

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1. Place the pork loin in a large resealable bag.
2. Add the green onions.
3. In a small bowl, whisk 1/4 cup broth, vinegar, oil, garlic powder, thyme, and pepper; add to the bag.
4. Seal the bag and refrigerate for 4-8 hours or overnight.
5. Remove the pork from the bag and place fat-side up in a 9x13" pan.
6. Pour the marinade and remaining 2 cups of broth over the pork.
7. Sprinkle with salt and add the mushrooms.
8. Bake at 350°F for 2 – 2 1/2 hours, or until an inserted thermometer reads 165°F.
9. Remove the pork and mushrooms to a serving platter.
10. Let rest for 10 minutes before serving.

This makes 6-8 servings.



### Chive Mashed Potatoes

3 lbs. potatoes (either washed, peeled, or a mix of both)

4 Tbsp. butter

2/3 cup milk

3/4 tsp. garlic powder

1/2 tsp. salt

1/4 tsp. black pepper

1 Tbsp. dried chives

1 Tbsp. dried parsley flakes

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1. Cut the potatoes into chunks.
  2. Boil the potatoes in a large pot until fork-tender.
  3. Drain the potatoes.
  4. Add the butter, milk, garlic powder, salt, pepper, chives, and parsley.
  5. Once the butter is melted, use a hand mixer to beat until smooth and fluffy.

This makes 6-8 servings.

## Roasted Carrots

2 lbs. baby carrots

2 Tbsp. olive oil

1 Tbsp. honey

1/2 tsp. paprika

1/2 tsp. salt

1/4 tsp. black pepper

1/4 tsp. onion powder

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1. Line a rimmed baking sheet with aluminum foil; grease.
  2. Dump the carrots onto the prepared pan.
  3. Drizzle with oil and honey, and sprinkle with spices.
  4. Use your hands to toss gently to evenly distribute.
  5. Bake at 400°F for 18-20 minutes, or until fork-tender and crispy.

This makes 6 servings.

### Apple Crisp

3 lbs. Granny Smith or Fuji apples (peeled, unpeeled, or a mix of both)

1/4 cup + 2 Tbsp. sugar

2 Tbsp. lemon juice

1 1/2 cups old fashioned oatmeal

1 cup flour

1 cup brown sugar

1 Tbsp. cinnamon

1/2 tsp. ground nutmeg

1/4 tsp. baking soda

1/2 cup butter, melted

Vanilla ice cream for serving, optional

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1. Slice the apples.
2. Place in greased 9x13" pan.
3. Sprinkle with the sugar and lemon juice; mix to coat evenly.
4. In a large bowl, mix the oatmeal, flour, brown sugar, cinnamon, nutmeg, and baking soda.
5. Add the butter and mix until crumbly and moist throughout.
6. Bake at 350°F for 35-45 minutes or until browned.
7. Serve warm with vanilla ice cream, if desired.

This makes a 9x13" pan.