

April 2026 - 3



Easy Slow Cooker Sweet & Spicy  
Coconut Chicken



Creamy Cavatappi Pasta



Italian Sausage Gnocchi Soup



JUICY Roast Pork Tenderloin



Easy Stromboli (easy dinner or  
school lunch)



Make Ahead Freezer Breakfast  
Sandwiches

# Grocery List

## Pantry

<input type="checkbox"/> Granulated Sugar	0.5 cups
<input type="checkbox"/> White Vinegar	0.5 cups
<input type="checkbox"/> Low Sodium Chicken Broth	0.5 cups
<input type="checkbox"/> Soy Sauce	3 tbsp
<input type="checkbox"/> Apricot Jam or Jelly	1 tbsp
<input type="checkbox"/> Corn Starch	1 tsp
<input type="checkbox"/> Cavatappi Pasta	325 grams
<input type="checkbox"/> Sun Dried Tomatoes	2 tbsp
<input type="checkbox"/> Tomato Paste	3 tbsp
<input type="checkbox"/> Flour	1 tbsp
<input type="checkbox"/> Oil	2 tbsp
<input type="checkbox"/> Brown Sugar	3 tbsp
<input type="checkbox"/> Marinara Sauce	0.33 cups

## Spices & Seasonings

<input type="checkbox"/> Salt	2.25 tsp
<input type="checkbox"/> Ground Ginger	0.5 tsp
<input type="checkbox"/> Red Pepper Flakes	1.625 tsp
<input type="checkbox"/> Fresh Minced Ginger	0.25 tsp
<input type="checkbox"/> Italian Seasoning	2 tsp
<input type="checkbox"/> Pepper	0.625 tsp
<input type="checkbox"/> Minced Garlic	1 tbsp
<input type="checkbox"/> Seasoning Salt	3 tsp
<input type="checkbox"/> Garlic Powder	1.25 tsp
<input type="checkbox"/> Dried parsley	0.5 tsp

## Meat & Seafood

<input type="checkbox"/> Chicken Breasts	2 lbs
<input type="checkbox"/> Bacon	2 slices
<input type="checkbox"/> Italian Sausage	375 grams
<input type="checkbox"/> Pork Tenderloins	2 each
<input type="checkbox"/> Chopped Cooked Ham	0.5 cups
<input type="checkbox"/> Sliced Salami	0.5 cups
<input type="checkbox"/> Pepperoni Slices	0.5 cups
<input type="checkbox"/> Back bacon or sausage patties	12 pieces

## Other

<input type="checkbox"/> Coconut Milk	13.5 oz
<input type="checkbox"/> Water	2 tsp
<input type="checkbox"/> Reserved Pasta Water	1 cups
<input type="checkbox"/> Chicken Broth	4 cups
<input type="checkbox"/> Gnocchi	3.5 cups
<input type="checkbox"/> Tomato Sauce	1 cup

## Dairy & Eggs

- Heavy Whipping Cream 0.5 cup
- Parmesan Rind 1 count
- Shredded Mozzarella Cheese 1.5 cups
- Egg 1 count
- Whole milk or half and half 0.5 cups
- Cheese 12 slices

## Produce

- Garlic 5 cloves
- Chopped Parsley 1 bunch
- Onion 1 medium
- Spinach 2 cups

## Bakery

- Pizza Dough 1 batch
- English muffins 12 slices

Shop ingredients on 

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