

April 2026 -4



Crockpot Chicken Pot Pie



Dorito Taco Salad



Slow Cooker Swedish Meatballs



Mango Chicken Rice Bowls



Simple Pesto Pasta recipe



Healthy Strawberry Smoothie (4 Ingredients!)

Grocery List

Produce

- Carrots 3 large
- Potatoes 3 medium
- Celery 1 rib
- Onion 1 count
- Garlic 3 cloves
- Tomato 1 count
- Romaine Lettuce 1 head
- Red Pepper 0.5 count
- Mango 1 whole
- Red bell pepper 0.33 cups
- Jalapeno 1.5 tbsp
- Cilantro 1 tbsp
- Lime juice 1.5 tbsp
- Basil leaves 2 cups
- Frozen Banana 1 each
- Fresh or Frozen Strawberries 1.5 cups

Pantry

- Chicken broth 1.5 cups
- Corn starch 2 tablespoons
- Salt 3.75 teaspoons
- Black Beans 1 cups
- Sweet Canned Corn 1 cups
- Low Sodium Beef Broth 1.25 cups
- Worcestershire Sauce 1 tbsp
- Light brown sugar 3 tbsp
- Vinegar 2 tbsp
- Oil 1 tbsp
- Cooked rice 3 cups
- Spaghetti 1 pounds
- Olive oil 0.333 cups
- Pine nuts 3 tbsp

Dairy & Eggs

- Heavy cream 0.5 cups
- Shredded Cheddar Cheese 1 cups
- Milk 3 tbsp
- Eggs 2 large
- Heavy Whipping Cream 0.5 cup
- Parmesan cheese 0.5 cups
- Low fat Milk 1 cups
- Strawberry Greek Yogurt 0.5 cups

Spices & Seasonings

- Dried parsley 2 teaspoons
- Dried thyme 0.5 teaspoon
- Black pepper 1.25 teaspoons
- Taco Seasoning 1 package
- Minced Garlic 1 tbsp
- Dried Italian Seasoning 1 tsp
- Thyme 0.25 tsp
- Nutmeg 1 pinch

Meat & Seafood

- Boneless skinless chicken breasts 2 count
- Lean Ground Beef 1 lbs
- Ground Beef 1 lb
- Ground Pork 1 lb

Frozen Foods

- Frozen peas 0.75 cups
- Frozen corn 0.75 cups

Other

- Catalina Dressing 0.75 cups
- Nacho Flavor Doritos 2 cups
- Mango juice 0.5 cups
- Reserved pasta water 1 cups

Bakery

- Homemade pie crust 1 count
- Soft Bread 2 slices

Shop ingredients on 

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