

May Week 1 & 2



Pork Medallions with Balsamic Onion Gravy (30 minute meal)



Homemade Peanut Butter Granola Bars



Slow Cooker Swedish Meatballs



The Easiest Lemon Chicken Recipe



How to Cook Brown Rice



Simple Pesto Pasta recipe



Mango Salsa Chicken and Rice
{VIDEO}



Easy Pizza Buns



Mango Smoothie

Grocery List

Pantry

- Salt 6 tsp
- Oil 3 tbsp
- All-purpose flour 1 tbsp
- Low sodium chicken broth 2.25 cups
- Balsamic vinegar 1 tbsp
- Peanut butter 0.67 cups
- Brown sugar 0.5 cups
- Corn syrup 0.5 cups
- Shredded coconut 0.5 cups
- Raisins 0.5 cups
- Wheat bran 0.33 cups
- Mini chocolate chips 0.5 cups
- Large flake oatmeal 3 cups
- Low Sodium Beef Broth 1.25 cups
- Corn Starch 2 tbsp
- Worcestershire Sauce 1 tbsp
- Long grain brown rice 1.5 cups
- Spaghetti 1 pounds
- Olive oil 0.333 cups
- Pine nuts 3 tbsp
- Long Grain White Rice 1 cups
- Pizza sauce 0.25 cups

Dairy & Eggs

- Salted butter 2 tbsp
- Heavy cream 2.5 tbsp
- Butter or margarine 0.5 cups
- Milk 3 tbsp
- Eggs 2 large
- Heavy Whipping Cream 0.5 cup
- Heavy cream 0.5 cups
- Parmesan 1 tbsp
- Parmesan cheese 0.5 cups
- Shredded Mozzarella or Cheddar1 cups
- Shredded cheese 1.5 cups
- Plain Greek Yogurt 125 grams

Spices & Seasonings

<input type="checkbox"/> Pepper	2.625 tsp
<input type="checkbox"/> Paprika	0.75 tsp
<input type="checkbox"/> Black pepper	1.25 tsp
<input type="checkbox"/> Vanilla	2 tsp
<input type="checkbox"/> Minced Garlic	1 tbsp
<input type="checkbox"/> Dried Italian Seasoning	1 tsp
<input type="checkbox"/> Dried Parsley	2 tsp
<input type="checkbox"/> Thyme	0.25 tsp
<input type="checkbox"/> Nutmeg	1 pinch
<input type="checkbox"/> Garlic powder	0.75 tsp
<input type="checkbox"/> Onion powder	0.25 tsp

Meat & Seafood

<input type="checkbox"/> Pork tenderloin	1 lb
<input type="checkbox"/> Ground Beef	1 lb
<input type="checkbox"/> Ground Pork	1 lb
<input type="checkbox"/> Boneless, skinless chicken breasts	2 pounds
<input type="checkbox"/> Boneless Skinless Chicken Breasts	4 each
<input type="checkbox"/> Pepperoni	1 cup

Bakery

<input type="checkbox"/> Soft Bread	2 slices
<input type="checkbox"/> Pizza dough	1 recipe

Beverages

<input type="checkbox"/> Mango Juice or Nectar	0.75 cups
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Produce

<input type="checkbox"/> Yellow onion	1 count
<input type="checkbox"/> Garlic	4 cloves
<input type="checkbox"/> Fresh chopped parsley	1 count
<input type="checkbox"/> Onion	0.5 count
<input type="checkbox"/> Lemon	2 each
<input type="checkbox"/> Basil leaves	2 cups
<input type="checkbox"/> Red Bell Pepper	1 count

Other

<input type="checkbox"/> Water	6 cups
<input type="checkbox"/> Reserved pasta water	1 cups
<input type="checkbox"/> Prepared Mango Salsa	14 oz

Frozen Foods

<input type="checkbox"/> Frozen Banana Slices	1 cups
<input type="checkbox"/> Frozen Mango Chunks	2 cups

Shop ingredients on 

Shop ingredients on  **instacart**