

May Week 3



Healthier Slow Cooker Hamburger Helper [VIDEO]



Easy Roasted Tomato Soup Recipe + VIDEO



Honey Garlic Chicken recipe



Easy Stuffed Peppers Recipe



Baked Mac and Cheese Cups + VIDEO



BEST French Toast Casserole (overnight)

Grocery List

Pantry

- Beef Broth 1.5 cups
- Tomato Pasta Sauce 1.5 cups
- Salt 4.25 tsp
- Dry Uncooked Macaroni 3 cups
- Canola Oil 4 tbsp
- Tomato Paste 2 tbsp
- Honey 0.67 cups
- Low sodium soy sauce 2 tbsp
- Corn starch 1.25 cups
- Cider vinegar 2 tbsp
- Marinara Sauce 1 cups
- Cooked Rice 1 cups
- Maple Syrup 0.5 cups
- Vanilla Extract 2 tsp
- Granulated Sugar 2 tbsp
- Powdered Sugar 0.5 cups

Spices & Seasonings

- Italian Seasoning 1 teaspoon
- Red Pepper Flakes 1.25 teaspoons
- Minced garlic 2 tbsp
- Dried Parsley 0.5 teaspoon
- Dried Oregano 0.5 teaspoon
- Sriracha Sauce 0.25 tsp
- Cinnamon 2 tsp
- Ground Cinnamon 1 tsp

Dairy & Eggs

- Milk 3.25 cups
- Shredded Cheese 2 cups
- Evaporated Milk 1 cup
- Parmesan Cheese 0.5 cup
- Egg 1 each
- 1% Milk 0.75 cups
- Shredded Cheddar Cheese 2.5 cups
- Eggs 8 each

Produce

- Onion 1 medium
- Bell Pepper 5 count
- Garlic 7 cloves
- Roma Tomatoes 3 pounds
- Fresh Basil 3 tbsp
- Spinach 1 cups

Meat & Seafood

- Lean Ground Beef 1 lb
- Boneless skinless chicken breasts 1 pound
- Ground Italian Sausage 0.75 pounds

Other

- Low sodium chicken broth 0.33 cups

Bakery

- French Bread 450 grams

Shop ingredients on 

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