

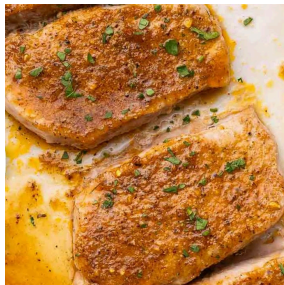
May Week 4



Perfect Easy Crockpot Teriyaki Chicken [VIDEO]



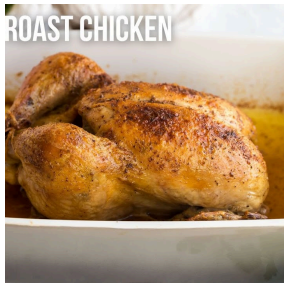
Creamy Cavatappi Pasta



The Juiciest Baked Pork Chops



Insanely Delicious Cheeseburger Sliders recipe



Perfect Roast Chicken



Overnight Peach Cobbler French Toast Casserole

Grocery List

Pantry

- Low sodium soy sauce 0.333 cups
- Honey 0.25 cups
- Rice vinegar 1 tbsp
- Corn starch 1 tbsp
- Cavatappi Pasta 325 grams
- Sun Dried Tomatoes 2 tbsp
- Salt 3.5 tsp
- Brown Sugar 2 tbsp
- Oil 1 tbsp
- Barbecue Sauce 3 tbsp
- Ketchup 2 tbsp
- Sweet Relish 1 tbsp
- Thousand Islands Dressing 0.25 cup
- Vanilla Extract 2 tsp
- Granulated Sugar 0.5 cups
- All-Purpose Flour 0.5 cups

Dairy & Eggs

- Heavy Whipping Cream 0.5 cup
- Cheddar Cheese Slices 10 slices
- Melted Butter 1 tbsp
- Unsalted Butter 0.25 cups
- Eggs 4 each
- Milk 1 cups
- Butter 0.25 cups

Spices & Seasonings

- Minced ginger 1 tsp
- Red pepper flakes 0.125 tsp
- Italian Seasoning 1 tsp
- Pepper 1 tsp
- Seasoning Salt 1.5 tsp
- Garlic Powder 1.5 tsp
- Ground Mustard 0.5 tsp
- Paprika 0.75 tsp
- Black Pepper 0.5 tsp
- Sesame Seeds 1 tbsp

Produce

- Garlic 3 cloves
- Chopped Parsley 1 bunch
- Onion 0.5 medium
- Pickle Slices 12 slices
- Peaches 2 cups

Meat & Seafood

- Boneless, skinless chicken breasts 1.5 lbs
- Bacon 2 slices
- Boneless Pork Chops 4 each
- Lean Ground Beef 1 lb
- Whole Chicken 3.5 lbs

Other

- Water 1.333 cups
- Reserved Pasta Water 1 cups

Bakery

- Dinner or Hawaiian Rolls 1 package
- French Bread 230 grams

Shop ingredients on 

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