

May Week 5



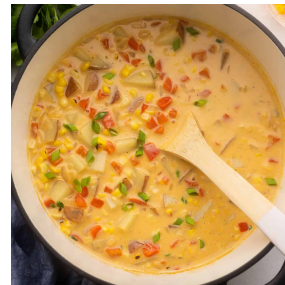
Glazed Slow Cooker Pork Tenderloin
recipe



Baked Chicken Caprese [VIDEO]



JUICY Air Fryer Meatballs [VIDEO]



Southwest Grilled Corn Chowder



Beef Lo Mein



Baked Oatmeal Recipe

Grocery List

Pantry

- Salt 2 tsp
- Low Sodium Chicken Broth 0.5 cups
- Balsamic Vinegar 5 tbsp
- Honey 3 tbsp
- Ketchup 1 tbsp
- Corn Starch 3 tsp
- Olive oil 1 tbsp
- Basil pesto 1 tbsp

Spices & Seasonings

- Garlic Powder 1 tsp
- Dried Parsley 1 tsp
- Black Pepper 0.5 tsp
- Onion Powder 0.25 tsp
- Paprika 0.25 tsp
- Italian Seasoning 1 tsp
- Pepper 0.25 tsp

Meat & Seafood

- Pork Tenderloin 1 lbs
- Boneless, skinless chicken breasts 4 count
- Ground Beef 0.5 lbs
- Ground Pork 0.5 lbs

Produce

- Garlic 2 cloves
- Cherry tomatoes 2 cups
- Fresh basil 1 count

Dairy & Eggs

- Shredded mozzarella cheese 1 cups
- Finely Shredded Parmesan Cheese 0.5 cups
- Egg 1 count

Bakery

- Soft Bread 1 slice

Other

- Water 2 tbsp

Shop ingredients on 

Shop ingredients on  **instacart**