

1 WEEK OF MEALS

1 GROCERY LIST

All you need for 7 easy dinners.

MON: Potato Gnocchi

TUE: Turkey & Black Bean Enchilada Skillet

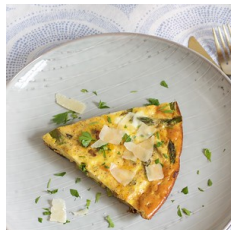
WED: Pasta Carbonara

THU: Chili Mac & Cheese

FRI: Sweet Potato & Brussels Sprouts Hash Bowl

SAT: Sloppy Joe Bowls

SUN: Asparagus & Potato Frittata



ThePetiteFoodie.Com

shopping list

CANS

- (2) 15 oz cans tomato sauce
- 20 oz can red enchilada sauce
- 2 cans black beans
- tube tomato paste
- 1 can diced tomato w/ green chiles.

FROZEN

- corn
- peas

MISCELLANEOUS

- Apple Cider Vinegar
- Dijon Mustard

PRODUCE

- 4 yellow onions
- 1 green bell pepper
- 5 golden potatoes
- 1 bag brussels sprouts
- 4 russet potatoes
- 1 bunch asparagus
- 1 head garlic
- 2 large sweet potatoes

PANTRY

- nutmeg
- cumin
- chili powder
- garlic powder
- all purpose flour
- corn tortillas
- elbow noodles
- long pasta noodles
- brown sugar

FISH/MEAT/POULTRY

- 2 lbs ground turkey
- 1 lb ground beef
- Bacon

DAIRY

- Grated Parmesan
- 2 dozen packs eggs
- Heavy Cream
- Shredded Cheddar