

ONE WEEK MEAL PLAN

SUNDAY

Chicken and Potato Soup

MONDAY

Chicken and Potato Soup

TUESDAY

Spinach and Tomato
Creamy Ravioli

WEDNESDAY

Crockpot BBQ Chicken

THURSDAY

Leftovers

FRIDAY

Pizza Night

GROCERY LIST

Yellow Onion (2)

Carrots

Celery

Garlic

Russet Potatoes (3 lbs)

Fresh Parsley

Fresh Baby Spinach (2 cups)

Dried Thyme

Chicken breast (3.5 lbs)

Italian Sausage (1 lb - optional)

Bacon (4 slices)

Chicken Broth (9 cups)

BBQ Sauce (1 cup)

Petite Diced Tomatoes (14.5 oz can)

Zesty Italian Dressing

Worcestershire Sauce

Brown Sugar

Fresh or Frozen Tortellini (9 oz)

Regular or Heavy Cream (1/2 cup)

Shredded Cheddar Cheese