

SHOPPING LIST

Easy Weeknight Dinners Meal Plan Volume 25 fivespotgreenliving.com

3 frozen skinless boneless chicken breasts (not thawed)
1 pkg Johnsonville Mild Italian Sausage (approx 1/2 pound)
1 1/2 pounds boneless ribeye
1lb lean ground turkey or beef

12 oz Barilla pasta (elbow)
1 pound pasta, your choice
1 1/2 cups Farro

2 jars of pasta sauce (I used vodka sauce.)
1 15 oz jar Bertolli Organic Creamy Alfredo sauce
1 can (8oz) tomato sauce
1/2 cup mayonnaise
1 cup apricot preserves or jam
1/2 cup pitted black olives

2 cups green beans
3 medium onion
2 green bell pepper
2 red pepper
8 garlic cloves
2-3 handfuls fresh baby spinach
1/2 cup corn

1/4 cup dried onion flakes
1 tablespoon brown sugar
2 teaspoons chili powder
2 teaspoons Worcestershire Sauce
1 teaspoon garlic salt

2 tablespoons ketchup
2 tablespoons apple cider vinegar
1/2 cup olive oil
1/4 cup balsamic vinegar
1/4 cup extra-virgin olive oil
1 tablespoon Dijon mustard

1 cup shredded Italian blend cheese
5 slices provolone cheese
1/4 cup feta

whole wheat hamburger buns