

MON (MEXICAN)

Slow Cooker Barbacoa

TUES (ITALIAN)

Italian Pork Chops

WED (BRINNER)

Breakfast Strata

THUR (OTHER CUISINE)

Coconut Curry Chicken

FRI (DATE NIGHT)

WEEKEND

Ham and Bean Soup

SIDES

Easy Fruit Salad

Crock Pot Rice

DESSERT

Sugar Cookie Bars

SHOPPING LIST

PRODUCE

Fresh Cilantro (1/4 cup)
Lime Wedges, optional
Zucchini Squash (1)
Summer Squash (1)
Red Bell Pepper (1)
Yellow Onion (1/2)
Carrots (5)
Russet Potatoes (2)
Celery (2 ribs)
Green Grapes (2 cups)
Red Grapes (2 cups)
Pineapple, cubed (1-2 cups)
Strawberries, sliced (1 cup)
Blackberries (1 cup)
Kiwi, sliced (1 cup)

GRAINS/BREAD

White Bread (12 slices)
White Rice (3 cups)

SPICES

Minced Garlic (6 tsp or 6 cloves)
Chili Powder (1 Tbsp)
Cumin (1 Tbsp)
Oregano (1 Tbsp)
Garlic Salt (1 1/2 tsp)
Black Pepper (2 tsp)
Salt (2 tsp)
Fresh Cracked Black Pepper (to taste)
Minced Onion (2 tsp)
Garlic Salt with Parsley Flakes (to taste)
Bay Leaf (1)

CANNED GOODS

Beef Broth, low sodium (1/2 cup)
Green Chiles (4 oz)
Coconut Milk, full fat (14 oz)
Chicken Broth, low sodium (7 cups)
Great Northern Beans (4 15.5 oz cans)

MEAT/PROTEIN

Chuck Roast (3-4 pounds)
Pork Chops, bone-in thin cut (4)
Ham, cooked and cubed (4 cups)
Eggs (7)
Chicken Breasts (1 lb)

DAIRY

Freshly Grated Parmesan (1/4 cup plus more for garnish)
Monterey Jack Cheese, shredded (2 cups)
Cheddar Cheese, shredded (2 cups)
Butter (18 Tbsp)
Milk (4 cups)
Cream Cheese (8 oz package)

PANTRY ITEMS

Apple Cider Vinegar (2 Tbsp)
Virgin Olive Oil (4 Tbsp)
Vegetable Oil (1 Tbsp)
Brown Sugar (6 Tbsp)
Vanilla Extract (2 tsp)
Cooking Spray
Sugar (1 1/4 cups)
Almond Extract (1 1/2 tsp)
Flour (1 3/4 cups)
Baking Soda (1 tsp)
Baking Powder (1 tsp)
Powdered Sugar (3 1/2 cups)

OTHER

Lime Juice (3 Tbsp)
Yellow Curry Powder (3 Tbsp)
Red Curry Paste (1 1/2 Tbsp)
Fish Sauce (1 tsp)
Pineapple Juice (1/4 cup)
Orange Juice (2 Tbsp)
Food Coloring for Sugar Cookie Bars Frosting
Sprinkles for Sugar Cookie Bars

TIP OF THE WEEK:

Do you have leftover **ham** from Easter dinner? If so, that's fantastic! Two of our recipes this week call for chopped ham. One of those recipes is **Strata**. This breakfast casserole is layered with milk, eggs, ham, cheese and bread. It's best when made the night before and refrigerated until it's time to bake it. The other recipe is **Ham and Bean Soup**. The ingredients call for low sodium chicken broth. This is because ham tends to already be quite salty and you don't want to have an overly salty soup. Both of these recipes are great ways to use up that leftover ham!