

Produce

- 4 russet potatoes (2)
- 2 garlic cloves (2)
- 1 bunch of kale (2)

Canned/ Packaged

- 2 cups tomato sauce (1)
- 2- 8 oz cans tomato sauce (4)
- 2 TB tomato paste (1)
- 2 TB honey (1)
- 2 TB Worcestershire sauce (1)
- 10 Stand and Stuff Taco shells (1)
- 4 cups of chicken broth (2)
- 2 cups chicken stock (4)
- 3 cups beef stock (6)
- Bottle of BBQ sauce (3)
- 1 package soft corn tortillas (4)
- ¼ cup coconut aminos (or other soy sauce) (6)
- 1 cup coke (6)
- Gluten Free Rolls or French Bread (6)
- Gluten free buns (3)
- 12 slices of GF bread (5)
- Syrup (5)

Meat

- 1 ½ lb ground beef (1)
- 1 lb Italian Sausage (2)
- 1 lb boneless, skinless, chicken breast (3)
- 1 lb ground beef (4)
- 3-3.5 lb Roast (6)

Spice/Staples

- 1 tsp dry mustard (1)
- ½ tsp garlic powder (1) (4) (6)
- ¼ tsp onion powder (1) (4)
- 3 TB chili powder (4)
- 1 tsp cumin (4)
- salt (4)
- 1 tsp vanilla (5)
- ½ tsp cinnamon (5)
- powdered sugar for sprinkling (5)
- ¼ c. dried, minced onion (6)
- ½ tsp oregano (6)
- 1 ½ tsp salt (6)
- 1 TB EVOO (6)

Freezer

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Refrigerator

- ½ lb. White American Cheese (1)
- 2 cups shredded cheddar (4)
- Sour cream (1) (4)
- 2 cups of half and half (2)
- 4 eggs (5)
- 1 cup 2 % milk (5)
- 1 TB butter (5)
- 12 slices of provolone cheese (6)

This week's Meal Plan

- 1 Sloppy Tacos
- 2 Sausage, Kale and Potato soup
- 3 Crockpot pulled BBQ chicken
- 4 Beef Enchilada Casserole
- 5 French Toast
- 6 Crockpot French Dip Sandwiches