

# On the Menu

Monday

## Crockpot Sausage Rigatoni

Tuesday

## Cozy Chicken Ramen

Wednesday

## Chicken Enchilada Casserole

Thursday

Happy Thanksgiving

Friday

## Left Overs

*(There are some Left Over recipes in my guide as well!)*

Saturday

Sunday



# Grocery List

## Protein

- 2 (11 oz) packages sweet Italian chicken sausage links
- 2 lbs ground chicken
- 1.5 lbs chicken breast, cubed

## Dairy

- ¾ cup fresh Parmesan cheese (topping)
- 1 cup Mexican blend cheese

## Spices/Seasonings

- 2 tbsp Italian seasoning
- 2 tbsp taco seasoning

## Pantry/Canned Goods

- 1 (28 oz) jar marinara sauce
- 1 (14 oz) can diced tomatoes
- 1 (28 oz) can red enchilada sauce
- 1 (14 oz) can diced tomatoes (enchilada recipe)
- → Total diced tomatoes: Two 14 oz cans
- 1 (14 oz) can pinto beans, drained
- 28 oz water or chicken broth or veggie broth
- 3 cups chicken broth
- ½ cup coconut aminos or soy sauce
- 10 oz shredded cabbage

## Produce

- 3 medium onions
- 2 large carrots, finely diced
- 3 cloves garlic + 2 cloves garlic = 5 cloves garlic, minced
- 1 red bell pepper
- 5 oz shredded carrots (≈½ bag)
- 1 bunch green onions, chopped (green parts only)
- 1 large zucchini
- 1 cup frozen corn

## Pasta, Grains, Rice

- 8-10 oz large rigatoni OR paccheri noodles
- 8 oz ramen noodles
- 6 small corn tortillas, cut into strips

## Frozen

- 1 cup frozen corn

Looking for help with your Thanksgiving Grocery List?



Click [HERE](#) to grab my Thanksgiving Family Guide!