

EASY PANTRY MEAL CHALLENGE

5 Day Meal Plan Grocery List

Pantry:

- 1/2 cup prepared pesto
- 1 envelope Onion Soup Mix
- 3- 14.5 oz cans diced tomatoes
- 15 oz. can tomato sauce
- 11 oz. can sweet corn
- 15 oz. can Ranch Style Beans, or similar
- 14 oz. can cranberry sauce
- 12 oz. chili sauce
- 6 oz. package stuffing mix, chicken flavor
- 10.34 oz. can cream of chicken soup
- 1 teaspoon minced garlic (from the jar)
- long grain rice (6 servings)
- 5 cups beef broth
- 1 teaspoon Worcestershire sauce

Meat:

- 1.5 pounds raw chicken breast
- 3.5 pounds raw ground beef
- 2 cups cubed & cooked chicken breast

Produce:

- 12 oz. fresh Brussels sprouts, trimmed, cut
- 2 bell peppers
- 10 oz. fresh cauliflower florets
- 1/2 cup grape tomatoes
- 1 cup fresh asparagus, chopped
- 2 pounds Yukon Gold potatoes
- 3 cups diced zucchini (about 2 med/ large zucchini)
- 1 white onion
- 1/2 cup chopped parsley

Frozen Foods:

- 32 oz. frozen pre-cooked meatballs

Refrigerated Section:

- 1/2 cup butter
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream