

MEAL PLANNING

with Crider Foods

Easy Wins Week

Produce

- 1 onion
- 1 package mushrooms
- 2 cloves garlic
- Green onions (optional garnish)
- Cilantro (optional garnish)
- Jalapeños (optional topping)

Dairy

- Shredded mozzarella cheese
- Shredded cheddar or Mexican cheese blend
- Feta cheese
- Butter

Bakery/Bread

- Slider buns or Hawaiian rolls
- Flatbreads or pizza crusts
- Tortillas or tortilla chips

Canned & Shelf-Stable

- Canned Pulled Pork
- Canned Turkey
- Pizza sauce
- Barbecue sauce

Refrigerated

- Refrigerated biscuit dough
- Refrigerated pie crusts

Frozen

- Frozen Grilled Chicken Fillets
- Frozen Chicken Bites (Tempura if available)
- French fries or potato wedges (optional side)

Pantry & Dry Goods

- Olive oil
- Italian seasoning
- Garlic powder
- Onion powder
- Salt & pepper
- Red pepper flakes (optional)
- Honey (optional drizzle)

Optional Sides & Extras

- Bagged salad kits
- Ranch dressing
- Fresh fruit
- Steamed vegetables
- Dipping sauces for sliders or pizza rolls



Monday

Creamy Tuscan Chicken

[Click for recipe](#)



Tuesday

BBQ Pork Nachos

[Click for recipe](#)



Wednesday

Sweet & Spicy Korean

BBQ Tempura Chicken

[Click for recipe](#)



Thursday

Turkey Taco Pizza Rolls

[Click for recipe](#)



Friday

Teriyaki Chicken &

Mushroom Pizza

[Click for recipe](#)

**List based on a family of four.*