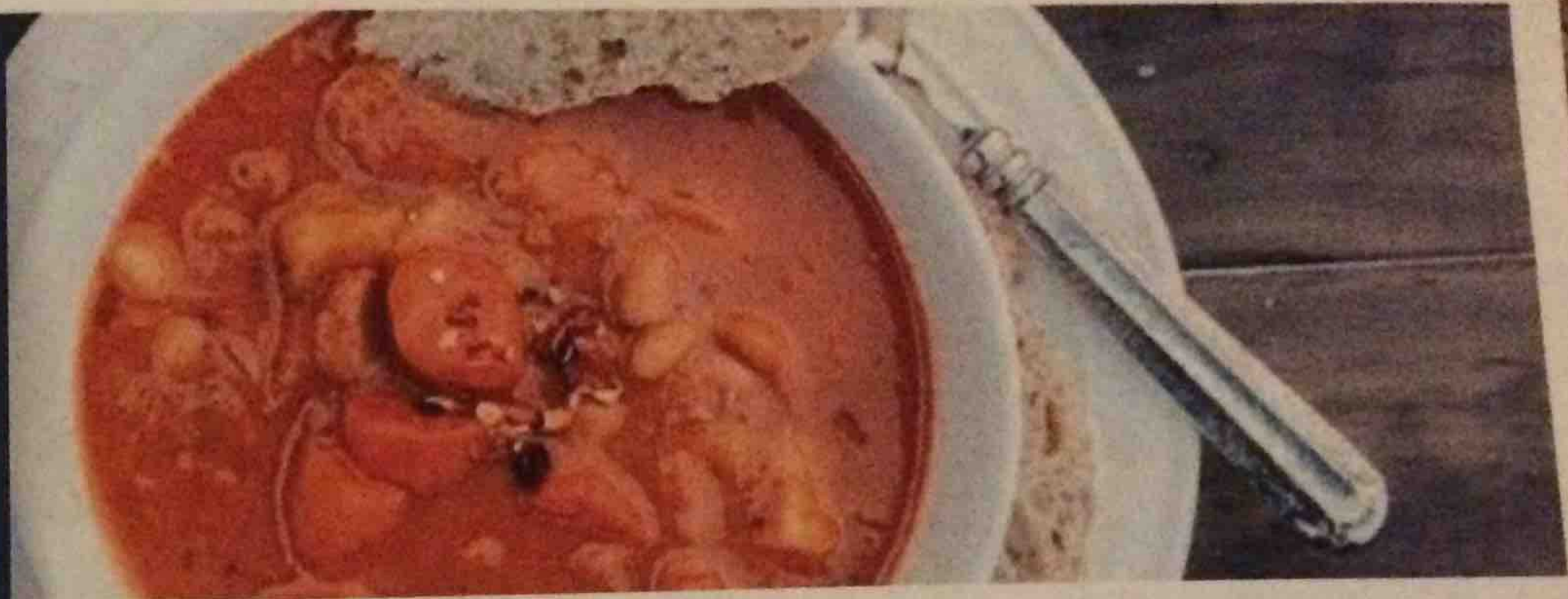


Skinny Ms — 4 WEEK — SLOW COOKER CALENDAR & GROCERY LIST



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Week
1

[Slow Cooker Lasagna](#)

[Slow Cooker
Balsamic Chicken](#)

[Slow Cooker
Tamale Pie with
Cornbread Crust](#)

[Slow Cooker
Lemon Chicken](#)

[Slow Cooker Broccoli,
Brown Rice, &
Cheddar Casserole](#)

[Slow Cooker
BBQ Pulled Pork](#)

[Slow Cooker
Momma's Roadhouse
Chili](#)

Week
2

[Slow Cooker Beefed-
Up Enchiladas](#)

[Simple Crockpot
Italian Chicken](#)

[Slow Cooker Chicken
Noodle Soup](#)

[Slow Cooker Bean
and Veggie Soup w/
a Thai Twist](#)

[Slow Cooker
Zucchini Ziti](#)

[Slow Cooker
Polynesian Chicken](#)

[Slow Cooker
Classic Pot Roast](#)

Week
3

[Slow Cooker Veggie
Pot Pie Stew](#)

[Slow Cooker Chicken
& Mushroom Gravy](#)

[Slow Cooker
Beef Stew](#)

[German Schnitzel,
Slow Cooker Style](#)

[Slow Cooker
Turkey Sausage &
Potato Soup](#)

[Slow Cooker
Chicken Chili](#)

[Slow Cooker
Red Beans & Rice](#)

Week
4

[Slow Cooker
Fiesta Chicken Soup](#)

[Slow Cooker Cheesy
Spaghetti with
Turkey Sausage](#)

[Slow Cooker
Pork Tenderloin](#)

[Slow Cooker
Italian Meatball Stew](#)

[Slow Cooker
Turkey Stroganoff](#)

[Ginger-Infused
Honey Chicken](#)

[Slow Cooker
Southwestern
Stuffed Peppers](#)

*CLICK the underlined links to access each recipe on skinnyms.com!

Week 1 Grocery List:

Baking

- Cornmeal [5 oz.]

Bread & Grains

- Brown rice [16 oz.]
**long grain preferred*
- Flour, all-purpose whole-wheat or white whole-wheat [3 oz.]
- Whole-wheat lasagna noodles [8 oz.]

Cans & Jars

- Black beans (15 ounce) [1 can]
- Diced green chilies (4.5 ounce) [1 can]
- Diced tomatoes [2 (14.5 oz) cans]
- Diced tomatoes (14.5 ounce) [1 can]
- Kidney beans (15 ounce) [1 can]
- Low sodium, fat-free chicken broth [1 (32 oz.) carton]
**If desired, stock up 6 additional cartons now- they will be used in the weeks ahead.*
- Pasta sauce [2 (25 ounce) jars]
- Pitted green olives (4 oz.) [1 can]
- Tomato paste (6 ounce) [1 can]
- Tomato sauce (15 ounce) [1 can]

Dairy

- Butter [1 oz.]
- Egg [1]
- Freshly grated Parmesan [6 oz.]
- Low-fat buttermilk [6 oz.]
- Low-fat cheddar cheese [4 oz.]
- Low-fat cottage cheese [16 oz.]

- Milk [16 oz.]
- Mozzarella cheese [8 ounces]
- Shredded cheddar cheese [16 oz.]

Frozen

- Frozen corn [9 oz.]

Fruits & Veggies

- Broccoli florets [1 pound]
- Carrot [1]
- Cloves garlic (9)/ Bulb Garlic [1]
**If desired, stock up on 6 garlic bulbs now (heads of garlic) now- they will be used in the weeks ahead.*
- Fresh basil [1 bunch]
- Fresh mushrooms [1 oz.]
- Lemon [1]
- Onions [4 medium]

Meat & Seafood

- Boneless, skinless chicken thighs [12]
- Boneless, Skinless chicken breasts (40 ounces, about 4-6)
- Lean ground turkey [3 pounds]
- Pork loin chops [4]

Nuts:

- Walnuts [2 oz.]
- Sauces & Condiments
- Grated Parmesan cheese [1 oz.]
**Use fresh, not canned. If desired, buy a large wedge now and shred for recipes- it will be used in the weeks to follow and the wedge keeps better than pre-shredded.*
- Salsa (16 ounce) [1 jar]

Check if you need:

- Apple cider vinegar [1 tablespoon]
- Baking powder [1 teaspoon]

- Baking soda [1/2 teaspoon]
- Balsamic vinegar [4 oz.]
- Black pepper [2.25 teaspoon]
- Cayenne pepper [1/2 teaspoon]
- Chili powder [2 tablespoons plus 3 teaspoons]
- Cumin [1 teaspoon]
- Dried oregano [1 teaspoon]
**Alternately, 3 teaspoons Italian seasoning may be used in place of oregano, rosemary, and basil*
- Dried rosemary [1 teaspoon]
- Dried basil [1 teaspoon]
- Garlic powder [1 tablespoon]
- Ground black pepper
- Ground cumin [1 teaspoon]
- Honey [4 oz.]
- Italian seasoning [1 teaspoon]
- Olive oil [2 oz.]
**If desired, stock up with one small to medium sized bottle of olive oil for the weeks ahead.*
- Onion powder [1 tablespoon]
- Red pepper flakes [1/2 teaspoon]
- Rubbed sage [1 teaspoon]
- Sea salt, table salt, or fine-grained kosher salt
- Thyme [1/2 teaspoon]

**Note that small amounts of all of these spices and seasonings will be used in the weeks ahead*

Week 2 Grocery List:

Bread & Grains

- Cooked long grain rice [6 oz.]
- Whole-wheat spaghetti [8 ounces]
- Whole-wheat tortillas [6 medium]
- Whole-wheat or whole grain Ziti [11 oz.]

Cans & Jars

- Diced tomatoes (15 ounce) [1 carton/can]
- Green Chile peppers (4 ounce) [1 can]
- Great Northern White Beans [15 ounce] [1 can]
- Lite Coconut Milk [8 ounce] [1 can]
- Low sodium beef broth [16 oz.]
- Low sodium, fat-free chicken broth [2 (32 oz.) cartons]
- Low sodium vegetable broth [16 oz.]
- Marinara sauce, sugar-free preferred (25 oz.) [1 jar]
- Pineapple chunks in natural juice (20 ounce) [1 can]
- Red enchilada sauce (16 oz.)
- Tomato sauce, sugar free preferred (15 ounce) [1 can]
- Vegetable juice OR tomato juice (8 ounce) [1 bottle/ 1 cup]

Dairy

- Egg [1]
- Fat free Cottage Cheese [16 oz.]
- Low fat sour cream (8 oz.)
- Milk [2 oz.]
- Mozzarella cheese [9 oz.]
- Shredded cheddar cheese [6 oz.]

- Shredded Parmesan cheese [9 oz.]

Fruits & Veggies

- Cabbage [12]
- Carrots [12 medium to large]
- Celery (3-4 stalks) [4 oz.]
- Cloves garlic [9] (about 1 bulb of garlic)
- Ginger [2 teaspoons]
- Italian parsley [1 oz.]
- Lemon [1]
- Red bell pepper [1]
- Red potatoes [2 medium]
- Potato, large, such as Idaho [1]
- Sweet Potato, large [1]
- Yellow onion [2]
- Vidalia Onion (2 medium)
- Zucchini [1 large]

Meat & Seafood

- Boneless chicken breasts (4 pounds)
- Boneless chuck roast (3 pound)
- Lean ground beef [1 pound] OR Lean ground turkey [1 pound]
- Sauces & Condiments
- Bragg Liquid Aminos [1 oz.] OR Lite (Lower Sodium) Soy Sauce [1 oz.] OR gluten-free tamari sauce
**A small bottle should suffice. Lite soy sauce or gluten free tamari sauce will be used again in week 4.*

Check if you need:

- Allspice [1/8 teaspoon]
- Balsamic vinegar [1 tablespoon]
- Bay leaves [2]
- Black pepper

- Catsup [1 oz.]
- Chili powder [1 teaspoon]
- Cornstarch OR Tapioca starch [4 tablespoons]
- Crushed red pepper flakes [1 teaspoon]
- Cumin [1 teaspoon]
- Dried thyme leaves [1/2 teaspoon]
- Extra virgin olive oil [2 oz.]
- Garlic powder [1/2 teaspoon]
- Ground black pepper [1 1/4 teaspoons]
- Honey [5 oz.]
- Italian seasoning [1 tablespoon]
- Paprika [1-1/2 teaspoon]
- Sea salt, table salt, or kosher salt
- Worcestershire sauce [1 teaspoon]