Italian food meal plan

MP Cost $161.39 | 12 Meals | 4-6 servings each | $2.24 per serving

The MP cost assumes you have no supplies or ingredients at home for the meal plan. Go shopping in your pantry first and cross of what you have then go shopping for the rest!

\*Prices based on Kroger and Whole Foods - Bulk Spices\*

Vegetables:

* 3 heads garlic
* 8 yellow onion
* 20 oz spinach (fresh or frozen)
* 16 oz mushrooms
* 4 bell peppers

Meat:

* 4 lbs ground beef
* 4 lbs bone-in chicken thighs, no skin
* 7 lb Italian sausage
* 1 lb Italian s

Fruit:

* 2 lemons
* 2 sweet apples

Dairy:

* 8 cups shredded mozzarella cheese
* 2 eggs

all about chicken Meal Plan

Spices (Purchased in Bulk at Whole Foods):

* 12 Bay Leaves
* 1.5 oz dred basil
* 1.5 oz black pepper
* 3.0 oz Italian seasoning
* 1.5 oz onion powder
* 0.5 oz dried sage
* 3.0 oz salt

MISC:

* 32 oz cheese ravioli
* 12 (14.5 oz) can diced tomato
* 80 oz cheese tortellini
* 16 oz sweet marsala wine
* 2 can full fat coconut milk
* 32 oz alfredo sauce
* 32 oz tomato paste

Supplies:

* 2 - 9x13 Aluminum Pans
* 4 (32 oz) Mason Jars or glass containers
* 10 Gallon Freezer Bags