the nourishing home slow Cooker GF meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Slow Cooker Apple Cider Pulled Pork with Apple-Carrot Coleslaw and Mashed Sweet Potatoes *(Save extra pulled pork for Thurs; make extra coleslaw for Mon)*	Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots and leftover Coleslaw *(Make bone broth; freeze 2.5 cups of leftover shredded chicken for Saturday)*	Slow Cooker Chicken Verde Lettuce Wraps with Cauli-Rice or Cilantro Rice *(Make double batch of Chicken Verde and rice; save for Wednesday)*	Leftover Chicken Verde served over leftover rice, or Spaghetti Squash Pasta *(top with diced avocado, salsa verde, diced tomatoes)*	Aloha Mango Pulled Pork Salad Bowl Baked Sweet Potato *(top with butter and cinnamon)*	Slow Cooker Italian Beef & Chard Ragu with Zoodles *(or with GF egg noodles)*	Roasted Chicken Chili *(use leftover roasted chicken)* with Chile Cheese Mock-Cornbread

Easy Slow Cooker Menu Shopping List

Meat, Poultry & Fish

___ Boneless pork butt, 5 lbs (#1)
___ Boneless beef chuck roast, 2 lbs (#6)
___ Whole chicken, 6 lbs (#2)
___ Boneless, skinless chicken thighs, 4-5 lbs (#3, 4)
___ Chicken stock, 4.5 cups (#3, 7)

Fresh Produce & Cold Case

___ Yogurt (or homemade) #1
___ Apples, 2 (#1) ___ Avocados, 4 (3, 4, 7)
___ Baby potatoes, 2 lbs (#2)
___ Bibb lettuce, 2 heads (#3)
___ Cabbage, 1 large ___ Carrots, 11
___ Cauliflower *(if making cauli-rice)*
___ Cherry tomatoes, 8oz (#4, 7)
___ Cucumber, 1 (for salad)
___ Fresh garlic, 2 heads (#2, 5, 6, 7)
___ Fresh ginger, 1 small piece (#5)
___ Fresh cilantro, parsley, thyme
___ Green onions, 1 bunch (#7)
___ Jalapenos, 2 ___ Poblano peppers, 1
___ Mangoes, 3 (#5)
___ Red bell peppers, 5 (#3, 4, 5)
___ Red onions, 3 ___ Yellow onions, 3
___ Romaine lettuce, 2 large heads (#5, 7)
___ Spaghetti squash, 2 *(if not using rice)*
___ Sweet onion, 2 (#1, 6)
___ Sweet potatoes, 4lbs (#1, 5, 7)
___ Swiss chard, 1 bunch (#6)
___ Zucchini, 1 per person *(if making zoodles)*

Pantry Items

___ Apple cider vinegar (#1, 5, 7)
___ Balsamic vinegar (#6)
___ Basmati rice *(if not making cauli-rice)*
___ Fire-roasted diced tomatoes, 2 (14oz) cans (#6)
___ GF egg noodles *(if not making zoodles)*
___ Mayo (#1, 5)
___ Salsa Verde, 2 (12oz) jars (#3)
___ Unsweetened, unfiltered apple juice (#1)
___ White beans, 2 (15oz) cans (#7)

**If making Mock Corn Bread, you'll also need blanched almond flour, coconut flour, shredded sharp cheddar cheese, and diced green chiles.*

___ **Dried Herbs & Spices** ___ Chili powder ___ Cumin ___ Garlic powder Ground ginger ___ Italian seasoning ___ Onion powder ___ Paprika ___ Parsley ___ Poppy seeds ___ Red pepper flakes ___ Rosemary ___ Smoked paprika ___ Thyme