

wholefully

PANTRY CLEAN-OUT

MONDAY



PASTA E FAGIOLI

TUESDAY



TUNA LETTUCE WRAPS WITH DILL
PICKLE PASTA SALAD

WEDNESDAY



PASTA WITH PARM AND PEAS

THURSDAY



WHITE CHICKEN CHILI

FRIDAY



SPAGHETTI PIE

DESSERT



PEANUT BUTTER BLOSSOMS

[click the images to get the full recipe](#)

PRODUCE

- 4 yellow onions
- 1 red onion
- 2 heads garlic
- 1 stalk celery
- 1 lemon
- 1 head Bibb, Boston, or Romaine lettuce
- 1 large green pepper
- 1 jalapeño
- 2 tbsp fresh dill
- Fresh cilantro for serving

CANNED & JARRED

- 16 oz canned tomato sauce
- 15 oz canned diced tomatoes
- 2 (15 oz) cans Great Northern beans
- 4 (5 oz) cans chunk tuna
- 2 cans diced mild green chiles
- 1 (14 oz) can coconut milk OR 2 cups whole cow's milk
- 1 jar spaghetti sauce (about 2 cups)
- 1 jar dill pickles (need about 6 spears + juice)

DRY GOODS

- 16 oz small pasta such as orzo or ditalini (use whatever you have)
- 16 oz medium pasta such as rotini or cavatapi (again, use what you got)
- 6 oz spaghetti
- 1 lb dried Great Northern or Navy beans
- 14 oz creamy peanut butter
- 1¼ cups granulated sugar
- 36 Hershey's Kisses
- ⅔ cup chopped walnuts
- Tortilla chips for serving
- 1 cup mayonnaise

MEAT

- 1 lb mild Italian sausage
- 1 whole chicken
- ½ lb ground beef or turkey

DAIRY & REFRIGERATED

- 8 eggs
- ½ cup sour cream
- ½ cup heavy cream
- 2 cups freshly grated Parmesan cheese
- 8 oz mild cheddar cheese
- ¾ cup ricotta or cottage cheese
- ½ cup shredded mozzarella cheese
- 2 tbsp butter

FROZEN

- 2 cups frozen peas

PANTRY

- Olive oil
- Avocado oil or other cooking oil
- Red pepper flakes
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp dried oregano
- 2 tsp dried basil
- ¼ tsp fennel seeds
- ½ tsp garlic powder
- ½ tsp Italian seasoning
- 3 tbsp ground cumin
- 1 tbsp chili powder
- Salt and pepper
- 4 cups chicken broth
- 2½ cups vegetable broth

OPTIONAL, FOR SERVING

- Sliced tomatoes for tuna wraps
- Avocados for tuna wraps