

# On the Menu

Monday

## Chicken Taquitos

Tuesday

## Spaghetti

Wednesday

## Peach Chicken

Thursday

## Hawaiian Meatballs

Friday

## Honey Garlic Salmon

Saturday

Sunday

# Grocery List

Week Of / \_\_\_\_\_

### Produce

- 2 peaches
- 1/2 cup fresh basil, chopped
- 1 medium white or yellow onion
- 1 large zucchini
- Shredded lettuce
- Tomato
- Avocado
- Cilantro
- Green onions (optional)

### Seasonings/Sauces

- All-purpose chicken seasoning.
- Honey
- Balsamic vinegar
- Ketchup (Primal, or your preferred brand)
- Minced garlic
- Olive oil
- Smoked or regular paprika
- Low-sodium soy sauce or coconut aminos
- Worcestershire sauce
- Italian seasoning
- Salt
- Black pepper
- Taco seasoning
- Coconut sugar
- Freshly grated ginger (can buy frozen cubes)
- Cornstarch or arrowroot starch
- Sesame seeds (optional)

### Canned/Packaged

- 1 can black beans, drained and rinsed
- 1 can diced tomatoes
- 1 jar marinara sauce
- 1 bag frozen bell peppers and onions
- 1/4 cup water
- 8 ounces crushed canned pineapple (no added sugar)
- 8 oz whole wheat dry spaghetti
- 10 egg roll wrappers (these will be in the refrigerated section)

### Dairy

- 2-3 slices of mozzarella cheese (fresh mozzarella recommended)
- 1/2 cup low-fat Mexican blend cheese
- Shredded mozzarella or parmesan cheese
- Butter or ghee
- eggs

### Meat & Deli

- 4 large chicken breasts
- 1.5 cups shredded cooked chicken (rotisserie chicken)
- 1 pound lean ground beef (grass-fed, if preferred)
- 4-5 (6 oz each) salmon fillets

### Miscellaneous

- Panko breadcrumbs
- Balsamic glaze (store-bought)