

On The Menu

Monday

Mexican Casserole

Tuesday

Pasta with Peas, Bacon and Sausage

Wednesday

Lemon Skillet Chicken

Thursday

Sweet and Sour Chicken

Friday

Grilled Shrimp

Saturday

Sunday

Grocery List

Week Of /

Produce

- 2 red bell peppers
- 1 green bell pepper
- 1/2 red onion
- 1/2 white or yellow onion
- 1 small sweet onion
- 3 cloves garlic
- 2 medium zucchini
- 2 lemons
- 1 avocado
- 2 cups frozen corn
- 2 cups frozen peas
- 1 1/2 cups diced cherry tomatoes
- Limes (for the Corn and Tomato Salsa)

Dairy

- 2 cups Mexican cheese
- 1/4 cup plain Greek yogurt
- 1/2 cup grated Parmesan cheese

Canned/Packaged

- 8 ounces dry pasta of choice
- 10 corn tortillas
- 2 tablespoons arrowroot starch or cornstarch
- Taco seasoning
- Italian seasoning
- Garlic powder
- Onion powder
- Salt
- Ground black pepper
- Chicken broth
- Refried beans
- Red enchilada sauce
- Coconut aminos or low sodium soy sauce
- Honey
- Coconut sugar
- Ketchup
- Rice wine vinegar
- Olive oil
- White wine vinegar
- Dijon mustard or honey mustard

Meat & Deli

- 4 lbs boneless, skinless chicken breast (1 1/4 lbs for one recipe, 2 lbs for another recipe, and 2 lbs for another recipe)
- 1 lb lean ground beef or turkey
- 12 ounces thick-cut bacon
- 12 ounces sweet Italian chicken sausage
- 1 pound jumbo shrimp (peeled and deveined)