

On The Menu

Monday

Crispy Chicken Tacos

Tuesday

Chicken Parmesan Meatballs

Wednesday

Healthy Hamburger Helper

Thursday

Chicken and Veggie Stir Fry

Friday

Fish Tacos

Saturday

Sunday

Grocery List

Week Of /

Produce

- 3 white or yellow Onions
- 2 Green bell peppers
- Minced Garlic
- 1 Sweet onion (medium-sized)
- 2 Limes
- Fresh basil (optional)
- Parsley
- 3 Zucchini
- 2 Red bell pepper
- 2 Large carrots
- 1 bunch Asparagus
- Coleslaw mix
- Pre made mango salsa
- Frozen mangos (or can purchase fresh)
- 1 Orange

Dairy

- Grated and shredded Parmesan cheese
- Eggs
- Low-fat shredded cheddar cheese
- Plain Greek yogurt
- Avocado or olive oil-based mayonnaise

Pantry

- Italian breadcrumbs
- Italian seasoning
- Salt
- Pepper
- Olive oil
- 1 28 oz can San Marzano tomatoes OR diced tomatoes
- 24 oz jar Marinara sauce
- Red enchilada sauce
- Tomato paste
- 12 oz Whole wheat dried elbow pasta or shells
- Beef broth
- Skim milk
- Chicken broth
- Taco seasoning (store-bought or homemade)
- Corn or flour tortillas
- Extra-virgin olive oil
- Rice vinegar OR white vinegar
- Honey

Meat & Deli

- 1 lb Lean ground beef
- 1 lb Mild white fish (such as cod or mahi mahi)
- 2 lbs Ground chicken
- 1 ½ pounds chicken breast