

# On The Menu

Monday

## Sheet Pan Tex Mex Chicken

Tuesday

## Creamy Sausage Rigatoni

Wednesday

## Sheet Pan BBQ Salmon

Thursday

## Sweet and Sour Chicken

Friday

## Sheet Pan Nachos

Saturday

Sunday

# Grocery List

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

## Produce

- 2 bell peppers (any color)
- 2 medium onion
- 2 large zucchini
- 2 large sweet potatoes
- 1 lb broccoli florets
- 6 oz fresh spinach
- 1 lemon
- 1 red bell pepper
- 1 green bell pepper
- 1 can corn (or 1 cup frozen corn)
- 1 can ranch-style beans
- 1 can diced tomatoes
- 3 cloves garlic
- Pineapple (12 oz, drained)
- Shredded iceberg lettuce
- Chopped red onion

## Dairy

- 1 cup plain Greek yogurt
- 3/4 cup Mexican blend cheese

## Meat/Produce

- 1.5 lbs chicken breast or chicken tenderloins
- 16 oz ground sweet Italian chicken sausage (or pork)
- 1.5 lb salmon
- Rotisserie chicken (or diced rotisserie chicken)
- Guacamole (pre-made or ingredients to make)

## Pantry

- 8 oz rigatoni (uncooked)
- Corn starch or arrowroot starch (2 TBS)
- Taco seasoning (2 TBS)
- Italian seasoning (1 tsp)
- Paprika
- Salt
- Pepper
- Garlic powder
- Olive oil (4 TBS total)
- BBQ sauce
- Honey
- Marinara sauce (15 oz jar)
- Chicken broth (2 cups total)
- Coconut aminos (or low sodium soy sauce)
- Coconut sugar
- Ketchup
- Rice wine vinegar
- Tortilla chips (Siete or your choice)
- Refried beans
- Black beans (drained)