

On The Menu

Monday

Taco Pasta

Tuesday

Marry Me
Chicken Pasta

Wednesday

BBQ salmon bites

Thursday

Egg Roll in a Bowl

Friday

Sheet Pan Nachos

Saturday

Sunday

Grocery List

Week Of / _____

Produce

- 1 cup finely diced yellow onion
- 1-2 zucchinis
- 1 cup cherry tomatoes
- 1 bell pepper sliced
- 1 white or yellow onion, chopped
- 8 oz mushrooms, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, cut into thin strips
- 1 cup grated carrots (store bought bag)
- 2 green onions, chopped
- Shredded iceberg lettuce
- Jalapenos

Dairy

- 1 cup shredded low-fat Mexican blend cheese
- 1/2 cup cheddar cheese
- 1/2 cup finely grated parmesan cheese
- 1/2 cup plain Greek yogurt
- Cotija cheese

Meat/Seafood

- 1 lb. lean ground beef (can also use ground turkey)
- 12 oz sweet Italian chicken sausages
- 2 lbs salmon fillets
- 1 lb lean ground turkey (ground beef or chicken work great too!)

Pantry

- Olive oil
- 1 cup of your favorite salsa
- 12 oz dried shell pasta
- 12 oz pasta of choice
- 4 cups beef broth
- 4 cups chicken broth
- 1/2 cup sun-dried tomatoes
- 1/2 cup to 3/4 cup BBQ sauce of choice
- BBQ Seasoning of choice (I use Head Country)
- 2 tsp sesame oil
- Tortilla chips of choice - Siete is a great grain-free option!
- 1/2 can Refried Beans
- Brown Rice or Veggie Spring Rolls

Seasonings

- 6 cloves minced garlic
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp garlic powder
- Paprika
- 1/4 tsp dried oregano
- 1/4 tsp dried thyme
- Salt and pepper to taste
- Taco seasoning