

On The Menu

Monday

Ribeye Tacos

Tuesday

Zucchini, Mushroom & Sausage pasta

Wednesday

Chicken Bites

Thursday

Orange Chicken

Friday

Pizza Quesadillas

Saturday

Sunday

Grocery list

Week Of / _____

Produce

- 2 bell peppers (color of choice)
- 1 sweet onion
- 2 medium zucchini
- 1 cup cherry tomatoes
- 4 medium-sized russet potatoes
- 1/2 onion
- 2 cloves minced garlic
- 2 garlic cloves
- 2 tablespoons ginger root, minced (frozen cubes work well)
- 4 green onions
- Veggies of choice (for pizza topping)
- Avocado

Dairy

- Cotija or shredded Mexican cheese
- Shredded lettuce
- 1/2 cup finely shredded parmesan cheese
- Mozzarella cheese
- Grated parmesan cheese

Meat

- 1 1/2 lbs thinly sliced sirloin (precut)
- 12 oz sweet Italian chicken sausages
- 2 pounds boneless, skinless chicken breast tenderloins
- 2 lbs ground chicken

Pantry

- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- Taco seasoning
- Pappardelle pasta
- Honey
- Balsamic vinegar
- Ketchup
- Olive oil
- Pizza sauce
- Jasmine rice (microwavable packets)
- Coconut aminos or low-sodium soy sauce
- Coconut sugar
- Rice wine vinegar or white vinegar
- Chicken broth
- Cornstarch
- Tortillas (8 inches in diameter, flour works best)
- Salsa

Seasonings

- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Frozen

- 1 cup frozen corn
- Frozen bag of stir-fry veggies