

On The Menu

Monday

Green Chili Enchiladas

Tuesday

Chicken Parmesan Pasta

Wednesday

BBQ Chicken Tostadas

Thursday

Sweet & Sour Chicken

Friday

Pizza Pasta

Saturday

Sunday

Grocery List

Week Of /

Produce

- 1/2 lime
- 1/4 cup cilantro
- 1 small onion (white)
- 1 green pepper
- 4 oz mushrooms of choice
- 1 bell pepper (any color will work)
- 1 ear of corn
- Avocado
- Fresh jalapeños
- Cilantro
- Chopped green onions
- 2 medium/large zucchini
- 1 pint cherry tomatoes
- 1 red onion
- 1 medium sweet white onion (e.g., Vidalia)
- 1 red bell pepper
- 1 green bell pepper
- Garlic cloves

Proteins

- 1 rotisserie chicken
- 1 lb turkey sausage
- 4 Italian chicken sausages (12 oz)
- 2 pounds boneless, skinless chicken breast

Grains/Pastas

- 8 tortillas (whole grain or gluten-free)
- 10 oz penne pasta
- Tostados (baked for a healthier option)
- Arrowroot starch or cornstarch
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Canned Goods

- 4 oz can green chiles
- 10-12 oz can green enchilada sauce
- 28 oz jar of marinara sauce
- 14 oz can of diced tomatoes or a cup of cherry tomatoes
- 28 oz of veggie broth
- 12 ounces crushed pineapple (no added sugar)

Dairy

- 1 cup Mexican cheese shredded
- 1/2 cup plain low-fat Greek yogurt
- 1 cup shredded mozzarella cheese
- Low-fat shredded mozzarella or cheddar cheese
- 1/2 cup freshly grated Parmesan cheese

Condiments/Sauces

- BBQ sauce of choice
- Italian seasoning or pizza seasoning
- Salt and pepper
- Olive oil
- Coconut aminos or low-sodium soy sauce
- Honey
- Coconut sugar
- Ketchup
- Rice wine vinegar
- Chicken broth