

# On The Menu

Monday

## Chicken Taco Cups

Tuesday

## Chicken Parmesan Pasta

Wednesday

## Smashburgers

Thursday

## Chicken Orzo Pasta

Friday

## BBQ Chicken Tostadas

Saturday

Sunday

# Grocery List

Week Of /

## Produce

- 1/2 medium sweet onion
- 2 cloves garlic
- Shredded lettuce
- Jalapenos
- Cilantro
- 1 bag of sweet mini bell peppers
- 2 medium squash
- 1 bell pepper (any color)
- 1 large english cucumber
- 1/2 cup cherry tomatoes
- 1/2 red onion
- Handful of fresh basil
- 2 medium zucchinis
- 1 ear of corn (or 1 cup cooked corn)

## Dairy

- 3/4 cup Mexican shredded cheese
- Sour cream or Greek yogurt
- 1/2 cup shredded Mexican cheese
- 1/2 cup fresh mozzarella balls
- 3/4 cup grated parmesan cheese

## Meat/Produce

- 1 pound ground chicken
- 4 Italian chicken sausages (12 oz, pre-cooked)
- 1 lb lean ground beef (93/7 grass-fed)
- 13 oz package of sweet Italian chicken sausage links
- 1 rotisserie chicken or 3 cups leftover grilled chicken

## Pantry

- 1 package wonton wrappers
- 1 can refried beans
- 28 oz jar of marinara sauce
- 14 oz can of diced tomatoes or 1 cup cherry tomatoes
- 28 oz veggie broth
- 10 oz dry pasta of choice
- Frozen sweet potato fries
- 1 1/2 cups dried orzo
- Salt
- Pepper
- Paprika
- Italian seasoning
- 8 6-inch tortillas of choice
- Olive oil

## Condiments

- 2 TBS taco seasoning
- 1 cup salsa
- Salsa (additional)
- 2 TBS steak or burger seasoning
- 2 TBS Worcestershire sauce
- Italian dressing of choice
- BBQ sauce of choice