

On The Menu

Monday

Steak and Pepper Quesadillas

Tuesday

Zucchini and Chicken Sausage Orzo

Wednesday

Smash Burgers

Thursday

Egg Roll in a Bowl

Friday

Sheet Pan Nachos

Saturday

Sunday

Grocery List

Week Of /

Produce

- 1 pepper (color of choice)
- 1 sweet onion
- 2 medium zucchini
- ½ sweet yellow onion
- 1 large English cucumber
- 1 cup cherry tomatoes
- ½ red onion
- Handful of fresh basil
- 1 white or yellow onion
- 8 oz mushrooms
- 3 cloves garlic
- 1 red bell pepper
- 1 cup grated carrots
- 1 12 oz bag coleslaw mix (white and purple cabbage combo)
- 2 green onions
- Pickles
- Jalapeños
- Lettuce
- Tomato

Canned/Pantry

- ½ cup fat-free refried beans
- ½ can refried beans
- Tortillas of choice
- 8 6-inch tortillas of choice
- Tortilla chips of choice
- Brown rice (for veggie spring rolls)

Dairy

- 1 cup low-fat Mexican blend cheese
- ¾ cup grated Parmesan cheese
- Cheese (for tortillas)
- ½ cup fresh mozzarella balls
- Cotija cheese

Condiments/Sauces

- Taco seasoning
- Worcestershire sauce
- Steak or burger seasoning
- Italian dressing
- Salsa
- Low sodium soy sauce or coconut aminos
- Rice vinegar
- Sesame oil

Meat

- 1 lb thinly sliced sirloin
- 13 oz package of sweet Italian Chicken Sausage
- 1 lb lean ground beef (93/7 grass fed)
- 1 lb lean ground turkey (or ground beef or chicken)
- 1 lb ground chicken or pork

Frozen

- Sweet Potato Fries