

# On The Menu

Monday

## Santa Fe Chicken

Tuesday

## One Pot Lemon Skillet Alfredo

Wednesday

## Grilled Peach Chicken

Thursday

## Hawaiian Meatballs

Friday

## Flatbread Pizza

Saturday

Sunday

# Grocery List

Week Of /

### Produce

- 2 red bell peppers
- 1 bunch fresh asparagus
- 2-3 peaches
- 1/2 cup fresh basil
- 8 cloves minced garlic
- 1 tablespoon freshly grated ginger
- 1 package chopped cilantro

### Meat

- 1.5 - 2 lbs chicken breast
- 4 large chicken breasts
- 12 oz Italian chicken sausage (precooked)
- 1 pound lean ground beef
- Turkey pepperonis

### Bread/Pasta

- Naan bread
- 10 oz uncooked pasta of choice

### Canned Goods

- 1 can black beans
- 1 cup frozen corn
- 1 14 oz can diced tomatoes
- 1 4 oz can green chiles
- 1 15 oz jar alfredo sauce
- 8 ounces crushed pineapple
- Marinara sauce
- Pesto sauce
- BBQ sauce
- Roasted red bell peppers

### Dairy

- Mexican blend cheese
- 2-3 slices mozzarella cheese
- Shredded cheese
- Eggs

### Pantry

- 2 TBS arrowroot starch or corn starch
- Taco seasoning
- Olive oil
- 3 TBS olive oil
- 1 TBS chicken or veggie base
- All purpose chicken seasoning
- 4 TBS honey
- 2 TBS balsamic vinegar
- 2 TBS ketchup (Primal preferred)
- Balsamic glaze
- 1/2 cup Panko breadcrumbs
- 2 TBS low-sodium soy sauce OR coconut aminos
- 1 TBS Worcestershire sauce
- 1.5 TBS rice wine vinegar (or white vinegar)
- 1 TBS coconut sugar
- 2 TBS cornstarch OR arrowroot starch