

On The Menu

Monday

Taco Pasta

Tuesday

Italian Chicken Foil Packets

Wednesday

Sheet Pan Sausage

Thursday

Rotisserie Chicken Fried Rice

Friday

Pizza Quesadillas

Saturday

Sunday

Grocery List

Week Of / _____

Meat

- 1 lb lean ground beef (or ground turkey)
- 5 sweet Italian chicken sausage links
- 2 packages sausage of choice (chicken or turkey)
- 1 cup chopped pepperoni
- 1 cup chopped sweet Italian chicken sausages

Dairy

- 1 cup shredded low-fat Mexican blend cheese
- Shredded parmesan cheese
- Shredded mozzarella cheese
- Grated parmesan cheese

Canned Goods

- 1 cup salsa
- 1 jar marinara sauce (Rao's)
- 1 bag frozen peas and carrots (20 oz)
- Pizza sauce

Bread/Pasta

- 12 oz dried shell pasta
- Tortillas (at least 8 inches, flour)
- 1.5 bags microwaveable brown rice (8.5 oz each, jasmine)

Produce

- 1/2 cup finely diced yellow onion
- 2 cloves garlic
- 1-2 zucchinis
- 1 cup cherry tomatoes
- 1/2 onion
- 3 bell peppers (1 sliced, 1 red diced, 1 orange diced)
- 1 cup sliced mushrooms
- Chopped basil
- 2 lbs baby red or Yukon gold potatoes
- 2 corn on the cob (husk on)
- 1 green bell pepper
- 2 green onions
- Green onion (thinly sliced)
- 1 medium white onion
- 2 cups rotisserie chicken

Baking/Cooking Supplies

- 2 tbsp olive oil
- 4 cups beef broth
- 2 tbsp taco seasoning
- 2 tbsp olive oil (for vegetables)
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp garlic powder
- 1 tsp paprika
- Foil
- Olive oil
- Italian seasoning
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp coarse salt
- 1 tsp pepper
- 3 tbsp olive oil (or sesame oil)
- 4 tbsp low sodium soy sauce or coconut aminos