

# On The Menu

Monday

## Skillet Enchiladas

Tuesday

## Chicken Alfredo

Wednesday

## Grilled Shrimp

Thursday

## Beef & Garlic Ramen

Friday

## Flatbread Pizza

Saturday

Sunday

# Grocery List

Week Of /

### Pantry

- 2 TBS taco seasoning
- Olive oil
- 28 oz can red enchilada sauce
- 1 (14 oz.) can garbanzo beans OR black beans OR pinto beans drained & rinsed
- 3/4 cup fresh or frozen corn kernels
- 1 cup cooked brown rice (Trader Joe's frozen brown rice)
- 4 white OR yellow corn tortillas
- 8 oz fettuccine noodles
- 15 oz jar alfredo sauce of choice
- 2 1/2 cups chicken broth
- Salt and pepper
- 12 oz bag of frozen riced cauliflower (you are only going to use half)
- 1 10 oz bag frozen broccoli
- 2 TBS balsamic vinegar
- 1 teaspoon dijon mustard OR honey mustard
- 1 tablespoon Worcestershire sauce
- Juice from half a lemon
- 1/4 cup white wine vinegar
- 1 (15 ounce) can whole kernel corn, drained
- 2 tablespoons fresh lime juice
- Naan Bread (full size and mini)
- Marinara
- Pesto
- BBQ sauce
- Turkey pepperonis
- Roasted red bell peppers (from the jar)
- 4 oz of Japanese/ramen style noodles
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### Dairy

- 3/4 cup light Mexican blend cheese
- 1/2 cup fresh parmesan cheese
- Shredded cheese (parmesan, mozzarella, and cheddar)

### Produce

- 1/2 yellow onion
- 1 red bell pepper
- 1 zucchini
- 3 garlic cloves
- Cilantro
- Fresh jalapeño
- Half of a red onion, sliced
- 1 cup cherry tomatoes
- 1 avocados
- 16 oz of fresh sugar snap peas or snow peas
- Frozen stir fry veggies

### Proteins

- 1 pound extra lean ground turkey
- 1 rotisserie chicken
- 1 pound jumbo shrimp (peeled and deveined)
- 1 pound lean ground beef

### Spices/Condiments

- Salt and pepper
- Italian seasoning
- Coconut aminos
- Worcestershire sauce