

On the Menu

Monday

Chicken Taquitos

Tuesday

Cheesy Tortellini

Wednesday

Lemon Chicken Wings

Thursday

Orange Chicken

Friday

Smash Burgers

Saturday

Sunday

Grocery List

Week Of /

Meat

- 1.5 cups shredded cooked chicken (rotisserie)
- 1 lb lean ground beef or turkey
- 2 pounds chicken wings
- 1 lb lean ground beef (93/7 grass fed)
- 2 lbs ground chicken

Dairy

- 1/2 cup low-fat Mexican blend cheese
- 1/2 cup parmesan cheese
- 1/2 cup mozzarella cheese
- 1/2 cup fresh mozzarella balls
- Cotija cheese
- Cheese (for tortillas)

Canned Goods

- 1 can black beans (drained and rinsed)
- 1 cup salsa (your favorite)
- 8 oz roasted red peppers (from the jar)
- 1 28 oz can marinara sauce
- Italian dressing (of choice)
- Pickles
- Jalapenos

Bread/Pasta

- 10 egg roll wrappers
- 20 oz tortellini (spinach preferred for extra veggies)
- 8 6-inch tortillas (of choice)
- Jasmine rice (microwavable packets)

Frozen

- Sweet potato fries
- Frozen bag of stir fry veggies

Produce

- 1 large zucchini (cut into rounds)
- 2 bell peppers (1 sliced, 1 diced)
- 2 medium sweet onions (1 sliced, 1 diced)
- 1 cup frozen corn
- 2 cloves fresh garlic
- 2 cloves minced garlic
- 16 oz fresh asparagus
- Zest of 1 lemon
- Juice of 1/2 lemon
- Zest of 1 orange
- 2 green onions (sliced)
- 4 green onions (chopped, use entire thing)
- 1 large English cucumber
- 1 cup cherry tomatoes
- 1/2 red onion (sliced thinly)
- Handful of fresh basil
- Shredded lettuce
- Tomato
- Avocado
- Cilantro
- 2 TBS ginger root (minced, frozen cubes)
- 2 oranges (for juicing, or store-bought orange juice)

Baking/Cooking Supplies

- Olive Oil
- 4 cups beef broth
- 1/2 cup chicken broth
- Taco Seasoning (3)
- 2 TBS steak or burger seasoning
- 2 TBS Worcestershire sauce
- Salt
- Pepper
- Garlic
- Garlic Powder
- Paprika
- Onion powder
- 1 tsp dried thyme
- 1/2 cup olive oil-based mayo (e.g., Primal brand)
- 1 TBS Dijon or honey mustard
- Coconut aminos or soy sauce
- 1/2 cup coconut sugar
- 1 TBS sesame oil
- 2 TBS rice wine vinegar (or white vinegar)
- 2 TBS cornstarch