

On The Menu

Monday

Ribeye Tacos

Tuesday

Goulash

Wednesday

BBQ Salmon Bites

Thursday

Egg Roll in a Bowl

Friday

Pizza Pasta

Saturday

Sunday

Grocery List

Week Of / _____

Meat

- Thinly sliced sirloin (1 ½ lbs)
- Ground beef (2 lbs, lean, grass fed)
- Salmon filets (2 lbs)
- Turkey sausage (1 lb)
- Turkey pepperonis (1 package)
- Ground chicken or pork (1 lb)

Dairy

- Shredded Mexican cheese or Cotija cheese (optional topping)
- Light cheddar cheese (1/2 cup)
- Shredded mozzarella cheese (1 cup)

Pantry

- Olive oil (3 TBS)
- Taco seasoning (1 TBS)
- Tortillas of choice
- Salsa (optional topping)
- Avocado (optional topping)
- Worcestershire Sauce (3 tbs)
- Seasoned salt (1 tsp)
- Italian seasoning (3 TBS total: 2 TBS for ground beef recipe, 1 TBS for turkey sausage recipe)
- Macaroni noodles (2 cups)
- Paprika (½ tsp)
- Salt (½ tsp + as needed)
- Pepper (½ tsp + as needed)
- BBQ sauce of choice (½ cup to ¾ cup)
- Penne pasta (10 oz)
- Bag salad of choice
- Rice vinegar (1 TBS)
- Sesame oil (2 tsp)
- Low sodium soy sauce or coconut aminos (3 TBS)

Produce

- Bell peppers (3: 2 for sirloin recipe, 1 for ground beef recipe)
- Sweet onion (1)
- Medium zucchini (2)
- Cherry tomatoes (1 cup)
- Garlic cloves (5)
- Green bell pepper (2: 1 diced, 1 for ground chicken/pork recipe)
- Russet potatoes (4)
- Small onion (white, for turkey sausage recipe)
- Mushrooms (2: 4 oz for turkey sausage recipe, 8 oz for ground chicken/pork recipe)
- Red bell pepper (1)
- Grated carrots (1 cup)
- Green onions (2)
- Shredded lettuce (optional topping)

Canned Goods

- Tomato sauce (2 cans, 15 oz each)
- Petite diced tomatoes (2 cans, 15 oz each)
- Low sodium beef broth (3 cups)
- Marinara sauce (1 jar, 28 oz)

Frozen

- Frozen corn (1 cup)
- Frozen broccoli (1-2 10 oz bags)
- Veggie Spring Rolls (Royal Asia brand from Costco, optional)