

On The Menu

Monday

Mexican Layered Casserole

Tuesday

Marry Me Chicken Meatballs

Wednesday

Santa Fe Chicken

Thursday

Stir Fry

Friday

Burger Board

Saturday

Sunday

Grocery List

Week Of / _____

Meat

- Lean ground beef or turkey (1 lb)
- Ground chicken (1 lb)
- Chicken breast (3-3.5 lbs total)
- Lean ground beef (1 lb)
- Bacon

Dairy

- Mexican cheese (2 cups)
- Mexican blend cheese
- Parmesan cheese (1 cup finely grated total)
- Plain Greek yogurt (1/2 cup)
- Cheese
- Eggs (2 total)

Canned Goods

- Refried beans (1 can)
- Red enchilada sauce (2 cups)
- Chicken stock or broth (1 1/4 cups total)
- Black beans (1 can)
- Diced tomatoes (1 1/4 oz can)
- Green chiles (1 4 oz can)
- Sun-dried tomatoes (1/3 cup chopped)

Frozen

- Frozen corn (3 cups total)

Produce

- Red bell peppers (3)
- Green bell peppers (1)
- Red onion (1/2, diced)
- Yellow or white onion (1, slivered)
- Small onion (1, finely grated)
- Zucchini (1)
- Large carrots (2)
- Asparagus (1/2 bushel)
- Fresh basil
- Lettuce
- Tomato
- Pickles
- Jalapeños
- Cilantro

Pantry

- Olive oil (8 TBS total)
- Taco seasoning (4 TBS total)
- Corn tortillas (10)
- Panko breadcrumbs (1/2 cup)
- Garlic powder
- Italian seasoning (1 tsp)
- Onion powder (1/2 tsp)
- Salt (1/2 tsp + as needed)
- Pepper (1/2 tsp + as needed)
- All-purpose flour (3 TBS)
- Oregano (1/4 tsp)
- Thyme (1/4 tsp)
- Rice vinegar (1 TBS)
- Low sodium soy sauce or coconut aminos (1/4 cup)
- Honey (2 TBS)
- Mustard (1 tsp)
- Worcestershire sauce (1 tsp)
- Seasoned salt (1/2 tsp)
- Mustard, ketchup, mayo
- Potato chips/potato salad
- Minced garlic (8 cloves total)