

On The Menu

Monday

Green Chili Chicken Enchiladas

Tuesday

Skillet Lasagna

Wednesday

Grilled Pork Tenderloin

Thursday

Beef and Garlic Noodles

Friday

Smash Burgers

Saturday

Sunday

Grocery List

Week Of / _____

Produce

- Yellow bell pepper (1)
- Red bell pepper (2)
- Broccoli florets (2 cups, pre-cut)
- Shallot (1, diced)
- Green onions (4, chopped)
- Garlic (5 cloves, minced)
- Yellow or white onion (1/2, diced)
- Grated carrots (1 cup, store bought)
- Zucchini (1, diced)
- Tomato (1)
- English cucumber (1)
- Cherry tomatoes (1 cup)
- Red onion (1/2, sliced thinly)
- Fresh basil (handful)
- Fresh parsley (1/2 cup, finely chopped)
- Lime (1/2, juiced)
- Cilantro (1/4 cup)

Dairy

- Ricotta cheese (8 oz)
- Mozzarella cheese (1/4 cup)
- Shredded parmesan cheese (1/4 cup)
- Fresh mozzarella balls (1/2 cup)
- Mexican cheese shredded (1 cup)
- Plain low fat Greek yogurt (1/2 cup)

Meat

- Lean ground beef (2 lbs total)
- Lean ground beef or turkey (1 lb)
- Pork tenderloin (1 1/2 lbs)
- Rotisserie chicken (shredded)

Pantry

- Brown rice noodles (8 oz)
- Honey (2 tsp)
- Low sodium soy sauce (3 TBS)
- Italian seasoning (2 tsp)
- Whole grain reginetti pasta (8-10 oz)
- Steak or burger seasoning (2 TBS)
- Worcestershire sauce (2 TBS)
- Tortillas (8 6-inch + 8 additional)
- Coconut sugar (2 tbsp)
- Smoked paprika (2 tsp)
- Ground cumin (1 tsp)
- Kosher salt (1 tsp)
- Extra-virgin olive oil (1/4 cup + 2 tbsp)
- White balsamic vinegar OR red wine vinegar (3 tbsp)
- Dried oregano or fresh oregano finely chopped (1 tbsp dried or 2 tbsp fresh)
- Salt and pepper to taste
- Pickles
- Jalapeños
- Italian Dressing of choice

Canned Goods

- Diced tomatoes (1 15 oz can)
- Marinara sauce (1 24 oz jar)
- Green chiles (1 4 oz can)
- Green enchilada sauce (1 10-12 oz can)
- Green enchilada sauce (additional)

Frozen

- Sweet potato fries