

On The Menu

Monday

Ribeye Tacos

Tuesday

Italian Chicken & Pepper Foil Packets

Wednesday

BBQ Chicken Tostadas

Thursday

Burger Board

Friday

Lemon Chicken Wings

Saturday

Sunday

Grocery List

Pantry

- Brown rice noodles (8 oz)
- Tortillas (8 6-inch + 8 additional)
- Italian seasoning (2 tsp + additional)
- Whole grain reginetti pasta (8-10 oz)
- Coconut sugar (2 tbsp)
- Smoked paprika (2 tsp + 1 tsp)
- Ground cumin (1 tsp)
- Kosher salt (1 tsp + 2 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
- Olive oil (1 TBS + additional)
- Taco seasoning (1 TBS)
- Honey (2 tsp)
- Low sodium soy sauce (3 TBS)
- Worcestershire sauce (2 TBS)
- Garlic powder (1 tsp)
- Onion powder (1 tsp)
- Dried thyme (1 tsp)
- Paprika (1/2 tsp)
- Season salt (1/2 tsp)
- Pepper (1/2 tsp)
- Potato chips
- Tostadas
- Foil

Meat

- Lean ground beef (2 lbs total)
- Thinly sliced sirloin (1 1/2 lbs)
- Lean ground beef or turkey (1 lb)
- Sweet Italian chicken sausage links (5)
- Chicken wings (2 lbs)
- Bacon
- Rotisserie chicken or leftover grilled chicken (3 cups)

Canned Goods

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

Condiments

- BBQ sauce
- Salsa
- Italian dressing of choice
- Mustard (1 tsp + additional for serving)
- Ketchup
- Mayo

Produce

- Yellow bell pepper (1)
- Red bell pepper (4)
- Sweet onion (1)
- Bell peppers, color of choice (4 total)
- Medium zucchini (2)
- Cherry tomatoes (1 pint + 1 cup)
- Avocado (2)
- Fresh jalapeños
- Cilantro
- Green onions (4)
- Sweet Italian chicken sausage links (5)
- Mushrooms (1 cup, sliced)
- Small onion (2, finely grated + chopped)
- Tomato (1)
- Lettuce
- Pickles
- Fresh basil
- Green onions (2)
- Corn (1 ear or 1 cup cooked)
- Lemon (1, zest + juice of 1/2)
- Jalapeños
- Red onions (1/2 diced, 1 sliced thinly)

Dairy

- Shredded cotija or Mexican cheese
- Shredded mozzarella or cheddar cheese (low fat)
- Shredded lettuce
- Olive oil-based mayo (1/2 cup)
- Dijon or honey mustard (1 tbsp)
- Ricotta cheese (8 oz)
- Mozzarella cheese (1/4 cup)
- Shredded parmesan cheese (1/4 cup)
- Low-fat Greek yogurt (1/2 cup)

Frozen

- Frozen corn (1 cup)
- Sweet potato fries