

On The Menu

Monday

BBQ Chicken Tostadas

Tuesday

Chicken Parmesan Pasta

Wednesday

Grilled Balsamic Chicken

Thursday

Egg Roll in a Bowl

Friday

Flat Bread Pizzas

Saturday

Sunday

Grocery List

Produce

- 1/2 red onion, diced
- 1 pint cherry tomatoes, halved
- 1 avocado
- Shredded lettuce
- Fresh jalapeños
- Cilantro
- Chopped green onions
- 1 ear or cup of corn (cooked)
- 1 white or yellow onion, chopped
- 8 oz mushrooms, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, cut into thin strips
- 1 cup grated carrots (store-bought bag)
- 1 1/2 oz bag coleslaw mix (white and purple cabbage combo)
- 1 1/2 lbs. potatoes (mini Yukon gold or russet)
- 1 lb. fresh green beans (pre-trimmed recommended)
- 1 bell pepper (any color)
- 2 medium/large zucchini

Sauces

- Salsa of choice
- 1 cup red enchilada sauce
- Ketchup (Primal)
- 3 TBS low sodium soy sauce or coconut aminos
- 1 TBS rice vinegar
- 2 teaspoons sesame oil

Seasonings

- 2 1/2 TBS taco seasoning
- 1/4 tsp ground black pepper
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- 1 TBS Italian seasoning
- All-purpose chicken seasoning

Baking/Cooking

- 2 TBS olive oil
- 1 tablespoon olive oil
- 1/2 tablespoon olive oil
- 1/2 tbsp. olive oil
- 2 tbsp. olive oil
- 1 TBS olive oil

Canned/Jarred

- Marinara sauce
- Pesto
- BBQ sauce (Primal is a great low sugar option)
- Roasted red bell peppers (from the jar)
- 14 oz can of diced tomatoes or a cup of cherry tomatoes
- 28 oz jar of marinara sauce
- 28 oz veggie broth

Meat

- 1 rotisserie chicken or 3 cups leftover grilled chicken
- 1 lbs of ground chicken or pork
- 4 large chicken breasts
- 4 Italian chicken sausages (12 oz, pre-cooked)
- Turkey Pepperoni (for pizza)

Dairy

- Shredded cheese (parmesan, mozzarella, and cheddar)
- Low-fat shredded mozzarella or cheddar cheese
- 1/4 cup fresh shredded parmesan cheese
- 1/2 cup freshly grated parmesan cheese
- 1 egg

Pantry

- Naan Bread (full size and minis)
- Tostados (baked for a healthier option)
- 12 8-inch tortillas (Siete)
- 12 oz pasta of choice
- 10 oz dry pasta of choice
- Brown Rice or Veggie Spring Rolls (Royal Asia brand from Costco)