

# On The Menu

Monday

## Sheet Pan Quesadillas

Tuesday

## Sheet Pan Chicken Parmesan

Wednesday

## Honey Garlic Pork Tenderloin

Thursday

## Beef & Snap Pea Ramen

Friday

## Pizza Pasta

Saturday

Sunday

# Grocery List

## Produce

- 2 onions
- 2 green peppers
- 3 bell peppers
- 3 zucchinis
- 1 pound baby Yukon gold potatoes or yellow Dutch potatoes
- 10 cloves garlic
- 8 oz mushrooms
- 1 cup fresh basil
- 16 oz fresh sugar snap peas or snow peas
- Bag salad

## Meat

- 2 cups rotisserie chicken
- 1-1.5 lbs chicken breast
- 2 1 lb. boneless pork loin roast
- 1 pound lean ground beef
- 1 lb turkey sausage
- 1 package turkey pepperonis

## Sauces

- 2 TBS Worcestershire sauce
- 4 TBS coconut aminos or low sodium soy sauce
- 3 TBS soy sauce
- 1/2 cup honey

## Dairy

- 2 cups Mexican blend cheese
- 2 cups parmesan cheese
- 1 cup mozzarella cheese

## Pantry

- 8 large burrito size tortillas
- 1 can refried beans
- 2 28 oz jars of marinara sauce
- 5 TBS olive oil
- 1/2 cup almond flour (or any flour you prefer)
- 1/2 cup bread crumbs (Italian flavor)
- Beef Broth
- 4 oz Japanese/ramen style noodles
- 10 oz penne pasta

## Spices

- 2 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1/2 tsp paprika
- 1 TBS Italian seasoning
- 1 TBS dried basil
- 1 TBS dried oregano
- 1 tsp dried thyme
- Taco seasoning

## Frozen

- Frozen stir fry veggies