

On The Menu

Monday

Crispy Chicken Tacos

Tuesday

Marry Me Chicken Pasta

Wednesday

Hawaiian Meatballs

Thursday

Pizza Quesadillas

Friday

Chicken Bites

Saturday

Sunday

Grocery List

Produce

- 1/2 medium sweet onion, diced
- 1 green pepper, diced
- 2 cloves garlic, minced
- 4 cloves garlic, minced
- ¼ tsp dried oregano
- ¼ tsp dried thyme
- Freshly grated ginger
- Veggies of choice (for pizza)
- 4 medium-sized russet potatoes
- ½ onion
- 1-2 bags frozen green beans

Condiments/Sauces

- 2 TBS olive oil
- 2 TBS taco seasoning
- 1 cup red enchilada sauce
- 1 tablespoon low-sodium soy sauce OR coconut aminos
- 1 tablespoon Worcestershire sauce
- 8 ounces crushed pineapple (no added sugar)
- 1/4 cup water
- 2 TBS honey
- 1.5 tablespoons rice wine vinegar (can sub white vinegar)
- 1 tablespoon coconut sugar
- Pizza sauce
- 2 TBS balsamic vinegar
- 2 TBS ketchup

Pantry

- 12 8-inch tortillas (Siete)
- Tortillas (at least 8 inches in diameter; flour works best)
- 12 oz pasta of choice
- ½ cup Panko breadcrumbs
- 4 cups chicken broth
- 2 TBS olive oil

Meat

- 1 pound ground chicken
- 1.5 lbs thin sliced chicken breast
- 12 oz sweet Italian chicken sausages
- 1 pound lean ground beef (grass-fed)
- 2 pounds boneless skinless chicken breast tenderloins
- Chopped Pepperoni (for quesadillas)
- Chopped Sweet Italian chicken sausages (for quesadillas)

Dairy

- 1 cup Mexican shredded cheese
- ½ cup plain Greek yogurt
- ½ cup finely grated Parmesan cheese
- Mozzarella cheese
- Grated Parmesan cheese

Spices

- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon black pepper
- ½ teaspoon salt
- ¼ teaspoon dried thyme
- 1 tablespoon freshly grated ginger
- 1 tablespoon cornstarch OR arrowroot starch