

# On The Menu

Monday

## Skillet Enchiladas

Tuesday

## Creamy Sausage Rigatoni

Wednesday

## BBQ Salmon Bites

Thursday

## Sweet & Sour Chicken

Friday

## Sheet Pan Nachos

Saturday

Sunday

# Grocery List

## Pantry

- 4 TBS taco seasoning
- 5 TBS olive oil
- 4 white OR yellow corn tortillas
- 1 cup cooked brown rice (Trader Joe's frozen brown rice recommended)
- 28 oz can red enchilada sauce
- 1 (14 oz.) can garbanzo beans OR black beans OR pinto beans, drained & rinsed
- 2 cups chicken broth
- 1 15 oz can diced tomatoes
- 1 15 oz jar of marinara sauce
- 12 ounces crushed pineapple (no added sugar), drained
- 1/4 cup coconut aminos or low sodium soy sauce
- 2 tablespoons arrowroot starch or cornstarch
- 1 tablespoon coconut sugar
- 2 tablespoons ketchup
- 1 1/2 tablespoons rice wine vinegar
- 1/2 cup favorite salsa
- Tortilla chips of choice (Siete recommended)
- 1/2 can refried beans
- BBQ Seasoning of choice (Head Country recommended)
- 1/2 cup to 3/4 cup BBQ sauce of choice

## Produce

- 1/2 yellow onion
- 1 red bell pepper
- 1 zucchini
- 3 garlic cloves
- 3/4 cup fresh or frozen corn kernels
- Optional: cilantro and fresh jalapeno
- 4 cloves garlic
- 6 oz fresh spinach
- 4 russet potatoes
- 1 medium sweet white onion (e.g., Vidalia)
- 1 green bell pepper
- 1 bell pepper of choice
- 1/2 onion of choice
- Shredded iceberg lettuce
- Jalapenos

## Dairy

- 3/4 cup light Mexican blend cheese
- 1 cup plain Greek yogurt
- 1/4 cup to 1/2 cup cheddar cheese
- 2 cups Mexican blend cheese
- Cotija cheese

## Meat

- 1 pound extra lean ground turkey
- 16 oz ground sweet Italian chicken sausage (Sprouts recommended)
- 2 lbs salmon filets
- 2 pounds boneless, skinless chicken breast
- 1 lb lean ground turkey (ground beef or chicken work great too!)

## Frozen

- 1-2 10 oz bags of frozen broccoli