

On the Menu

Monday

Taco Cups

Tuesday

Chicken Parmesan Pasta

Wednesday

Skillet Chicken Pot Pie

Thursday

Almond Crusted Rosemary Salmon

Friday

Cornflake Chili

Saturday

Sunday

Grocery List

Pantry

- 6 TBS olive oil
- 4 TBS taco seasoning
- 2 TBS honey
- 3 TBS flour
- 2 cups chicken broth
- 28 oz veggie broth
- 10 oz dry pasta of choice
- 1/2 cup panko bread crumbs
- 2 TBS almond flour
- 2 1/2 TBS chili powder
- 2 TBS ground cumin
- 1 tsp oregano
- 2 (15 oz) cans diced tomatoes
- 1 (14 oz) can diced tomatoes or 1 cup cherry tomatoes
- 1 (15 oz) can red kidney beans, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 1 (8 oz) can of tomato sauce
- 28 oz jar of marinara sauce
- 1 can refried beans
- 1 cup salsa
- 1 package wonton wrappers (refrigerated section)
- 1 can biscuits – 8 (Annie's recommended)
- 4 tsp Dijon mustard
- 2 cups cornflakes

Frozen

- 1 cup frozen peas
- 1 cup frozen carrots

Seasonings

- 1/2 tsp salt
- 1/2 tsp pepper
- 3 tsp paprika
- 1/2 tsp dried thyme
- 1/4 tsp dried sage
- 1 tsp garlic powder
- 1 TBS Italian seasoning
- 1 1/2 tsp salt
- 1 tsp kosher salt

Produce

- 1 1/2 medium sweet onions
- 1 medium yellow onion
- 6 cloves garlic
- 1 large carrot
- 2 celery stalks
- 1 bell pepper
- 1 green bell pepper
- 1 bag sweet mini bell peppers
- 2 medium squash
- Cilantro
- Shredded lettuce
- Jalapenos
- 1 lemon
- 1 TBS chopped fresh rosemary OR 1 tsp dry rosemary

Dairy

- 3/4 cup Mexican shredded cheese
- 1/2 cup shredded Mexican cheese
- 1/2 cup freshly grated Parmesan cheese
- 1 cup shredded cheddar cheese
- Sour cream or Greek yogurt

Meat

- 1 pound ground chicken
- 4 Italian chicken sausages (12 oz) pre-cooked
- 1 pound lean ground beef or turkey
- 3 cups diced rotisserie chicken
- 4 salmon fillets (6-8 oz each)