

# On The Menu

Monday

## Steak and Pepper Quesadillas

Tuesday

## Marry Me Chicken Meatballs

Wednesday

## Sheet Pan Sausage

Thursday

## Rotisserie Chicken Fried Rice

Friday

## Flatbread Pizza

Saturday

Sunday

# Grocery List

## Produce

- 1 pepper (color of choice)
- 1 sweet onion
- 3 cloves garlic
- Fresh basil (for serving)
- 2 lbs baby red OR yukon gold potatoes
- 2 corn on the cob (husk on)
- 1 red bell pepper
- 1 orange bell pepper
- 1 green bell pepper
- Green onion
- 1 medium white onion
- 2 green onions
- 1/3 cup sun-dried tomatoes
- Roasted red bell peppers (from the jar)
- Leftover grilled veggies (onions, mushrooms, and bell peppers)

## Dairy

- 1 cup low fat Mexican blend cheese
- 1/2 cup finely grated Parmesan
- 1/2 cup plain Greek yogurt
- 1/2 cup finely grated Parmesan
- Shredded cheese (parmesan, mozzarella, and cheddar)
- 3 eggs

## Frozen

- 1 20 oz bag of frozen peas and carrots
- 1 1/2 8.5 oz bags of microwaveable brown rice (jasmine preferred)

## Pantry

- 1 TSP taco seasoning
- 3 TBS all-purpose flour
- 4 TBS low sodium soy sauce or coconut aminos
- 10 TBS olive oil (includes 3 TBS for cooking and additional for recipes)
- 3 TBS sesame oil
- 1 cup chicken stock or broth
- Tortillas of choice (Siete Almond Flour tortillas recommended, available at Costco)
- Naan Bread (full size and minis)
- 1/2 cup fat-free refried beans
- Marinara
- Pesto
- BBQ sauce

## Meat

- 1 lb thinly sliced sirloin
- 1 pound ground chicken (sweet Italian version from Sprouts)
- 2 13 oz packages sausage (chicken or turkey sausage)
- 2 cups rotisserie chicken
- Turkey pepperonis

## Spices

- 1/4 tsp oregano
- 1/4 tsp thyme
- 1 tsp cumin
- 1/2 tsp paprika
- 3 TBS onion powder
- 1 TBS coarse salt
- 2 tsp black pepper (combined)
- 1/2 tsp garlic powder
- 1 tsp Italian seasoning