

On The Menu

Monday

Philly Cheesesteak Skillet

Tuesday

Wonton Tacos

Wednesday

Crispy Honey Garlic Chicken

Thursday

Stuffed Peppers

Friday

Pizza Pasta

Saturday

Sunday

Grocery List

Pantry

- 2 TBS olive oil
- 1 TBS low sodium soy sauce
- 1 TBS apple cider vinegar
- 2 TBS Worcestershire sauce
- 1 28 oz jar of marinara sauce
- 8.5 oz bag pre-cooked Spanish style rice
- 1 package wonton wrappers (refrigerated section)
- 2 cans (15 oz) diced tomatoes (fire-roasted or regular)
- 1 can (15 oz) black beans, drained and rinsed
- 2 ½ cups water
- 10 oz penne pasta
- 4 cups cornflakes
- 1/2 cup honey
- Refried beans
- Salsa
- taco sauce

Frozen

- 1 ½ 20 oz bag of frozen peppers and onions

Seasonings

- 1 tsp paprika
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- 1/2 tsp salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp oregano
- 1 TBS minced garlic
- 1 TBS Italian seasoning or pizza seasoning

Produce

- 1 ½ medium onions (white or sweet)
- 1-1 ½ pounds thinly sliced sirloin
- 3-4 sprigs fresh thyme
- 12 cloves garlic
- 8 bell peppers (tops cut off, seeds, and membranes removed)
- 1 medium zucchini, diced
- 1 green bell pepper
- 4 oz mushrooms of choice
- 1 bag of salad of choice
- Diced red onions (as needed)
- Green chiles
- Tomatoes

Dairy

- 1 cup shredded mozzarella cheese
- 1 cup low-fat shredded Mexican blend cheese
- 1/4 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese
- 2 eggs, well beaten

Meat

- 1 pound ground turkey
- 1 lb turkey sausage
- 1 package turkey pepperonis
- Shredded rotisserie chicken