

On The Menu

Monday

Crispy Chicken Tacos

Tuesday

Mushroom, Zucchini, Sausage and Pesto Pasta

Wednesday

Baked Chicken Bites

Thursday

Beef and Garlic Noodles

Friday

BBQ Chicken Sweet Potato Nachos

Saturday

Sunday

Grocery List

Pantry

- 7 TBS olive oil
- 2 TBS taco seasoning
- 1 cup red enchilada sauce
- 2 TBS pesto
- 2 TBS balsamic vinegar
- 2 TBS ketchup
- 2 tsp honey
- 3 TBS low sodium soy sauce
- 1 tsp paprika
- 2 tsp garlic powder
- 1 ½ tsp onion powder
- 3 tsp black pepper
- 4 tsp salt
- ¼ tsp dried thyme
- BBQ seasoning
- 8 oz brown rice noodles (Asian aisle)
- 12 8-inch tortillas (Siete)
- 1 ¾ cup BBQ sauce of choice (watch added sugar)
- 8 oz pappardelle pasta

Produce

- 5 cloves garlic, minced
- 1 ½ medium sweet onions, diced
- ½ red onion, diced
- 2 green onions, chopped
- 1 shallot, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper
- 1 red bell pepper
- 2 cups broccoli florets (pre-cut)
- 2 medium zucchini, cut into half moons
- 4 medium-sized russet potatoes
- 2 large sweet potatoes, thinly sliced
- 1 tomato, diced
- Chopped cilantro
- 1 avocado, diced

Meat

- 1 pound ground chicken
- 12 oz sweet Italian chicken sausages
- 2 pounds boneless skinless chicken breast tenderloins
- 1 pound lean ground beef
- 1 rotisserie chicken, shredded

Frozen

- 1-2 bags frozen green beans (depending on amount desired)

Dairy

- 1 cup Mexican shredded cheese
- ½ cup finely shredded parmesan cheese
- ½ cup grated parmesan cheese
- 1 cup low-fat mozzarella cheese
- 1 cup low-fat cheddar cheese