

# On The Menu

Monday

## Cheesy Chicken Enchiladas

Tuesday

## Skillet Spaghetti

Wednesday

## Skillet Chicken Pot Pie

Thursday

## Chicken Stir Fry

Friday

## Stromboli

Saturday

Sunday

# Grocery List

## Pantry

- 7 TBS olive oil
- 5 TBS flour
- 2 TBS taco seasoning
- 2 tsp Italian seasoning
- 2 cloves minced garlic
- 2 TBS honey
- 1 ½ tsp salt
- ½ tsp garlic powder
- ½ tsp dried thyme
- ¼ tsp dried sage
- Pepper (to taste)
- 12 oz veggie broth
- 2 ½ cups chicken broth
- 1 cup salsa
- ½ can refried beans
- 1 can Rotel
- 1 15 oz can diced tomatoes
- 1 24 oz jar marinara sauce
- 12 oz water
- 1 TBS rice vinegar (or white vinegar)
- ¼ cup low sodium soy sauce OR coconut aminos
- 1 tablespoon drained capers

## Dairy

- 1 ½ cups plain Greek yogurt
- 1 ½ cups Mexican blend cheese
- ½ cup shredded mozzarella OR parmesan cheese
- 1 ½ cups shredded mozzarella
- 16 slices provolone (1/4 lb)
- 2 TBS grated Parmesan cheese
- 1 large egg, lightly beaten

## Grains

- 8 whole grain tortillas
- 8 oz whole wheat dry spaghetti, broken into pieces

## Produce

- 1 medium white or yellow onion, chopped
- ½ white or yellow onion, diced
- ½ onion, sliced
- 2 celery stalks, diced
- 1 zucchini, cut into matchsticks
- 2 large carrots
- 1 red bell pepper, cut into thin strips
- 1 cup of asparagus (about ½ bushel), cut into 2-inch pieces
- 2 cloves garlic, minced

## Meat

- 1 ½ lbs chicken breast
- 2 cups diced or shredded rotisserie chicken
- 3 cups diced rotisserie chicken
- 1 lb ground turkey
- 16 slices Genoa salami (1/3 lb)
- 8 slices capicola ham (1/3 lb)

## Frozen

- 1 cup frozen peas
- 1 cup frozen carrots

## Canned/Bakery

- 1 can of biscuits (Annie's recommended)
- 1 lb prepared pizza dough
- 1 cup roasted red peppers, drained