

On The Menu

Monday

Green Chili Chicken Enchiladas

Tuesday

Pasta with Peas, Sausage and Bacon

Wednesday

Healthier Goulash

Thursday

Almond Crusted Salmon

Friday

Baked Potato Board

Saturday

Sunday

Grocery List

Pantry

- 1 TBS olive oil
- 2 cans tomato sauce (15 oz each)
- 2 cans petite diced tomatoes (15 oz each)
- 3 cups low sodium beef broth (or beef base to add to water)
- 3 tbsp Worcestershire sauce
- 1 tsp seasoned salt
- 2 tbsp Italian seasoning
- 2 tsp kosher salt
- 1 tsp paprika
- ½ tsp garlic powder
- ½ cup panko bread crumbs
- 2 TBS almond flour
- ½ cup chicken broth
- 4 oz can green chiles
- 10-12 oz can green enchilada sauce
- Salt and pepper to taste
- ½ cup grated parmesan cheese
- 2 cups frozen peas
- 8 oz dry pasta of choice
- 2 cups macaroni noodles (uncooked)

Dairy

- 1 cup shredded Mexican cheese (low fat)
- ½ cup plain low-fat Greek yogurt
- ¼ cup plain Greek yogurt (extra for sour cream substitute)
- ½ cup light cheddar cheese, shredded (optional if dairy-free)

Produce

- 3 onions (white or yellow), diced/minced
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 4 cloves garlic (extra for salmon and enchiladas)
- 1/2 lime, juiced
- 1/4 cup cilantro
- 2 limes (extra for garnish)
- Fresh rosemary (or 1 tsp dried rosemary)
- Avocado (for topping)
- Green onions (for baked potatoes)
- Red bell peppers (for baked potatoes)
- Potatoes (1 per person)

Meat

- 1 rotisserie chicken, shredded
- 2 lbs ground beef (lean, grass-fed)
- 4 salmon fillets (6-8 oz each)
- 12 oz thick-cut bacon, diced
- 12 oz sweet Italian chicken sausage, cut into 1/2 inch rounds

Frozen

- 1 cup frozen peas (for pasta)