

On The Menu

Monday

Taco Pasta

Tuesday

Pizza Pasta

Wednesday

Ribeye Tacos

Thursday

Baked Chicken Bites

Friday

Beef and Snap Pea Ramen

Saturday

Sunday

Grocery List

Pantry

- 5 TBS olive oil
- 2 TBS taco seasoning
- 1 tsp paprika
- ½ tsp garlic powder (plus extra)
- ½ tsp onion powder
- ½ tsp black pepper
- ½ tsp salt (plus extra)
- ¼ tsp dried thyme
- 2 TBS honey
- 2 TBS balsamic vinegar
- 2 TBS ketchup
- 2 TBS Worcestershire sauce
- 3-4 TBS coconut aminos or low sodium soy sauce
- 2 TBS Italian seasoning or pizza seasoning
- 10 oz penne pasta
- 12 oz dried shell pasta
- 4 oz Japanese/ramen noodles
- 4 cups beef broth
- 1 28 oz jar of marinara sauce

Frozen

- Frozen stir fry veggies (optional side)
- Frozen green beans (1-2 bags)

Produce

- 3 onions (yellow or white), diced/finely diced
- 2 bell peppers (color of choice)
- 1 green bell pepper
- 1 sweet onion
- 2 cloves garlic (plus extra for chicken and stir-fry)
- 4 medium russet potatoes
- Avocado (optional topping)
- Shredded lettuce (optional topping)
- Mushrooms (4 oz for pasta, extra for stir-fry)
- 1 bag of salad of choice

Meat

- 1 lb lean ground beef
- 1 lb ground turkey (optional substitution)
- 1 ½ lbs thinly sliced sirloin
- 1 lb turkey sausage
- 1 package turkey pepperoni
- 2 lbs boneless skinless chicken breast tenderloins

Dairy

- Cotija cheese or shredded Mexican cheese (optional topping)
- ½ cup grated Parmesan cheese
- 1 cup shredded low-fat Mexican blend cheese
- 1 cup shredded mozzarella cheese