

On The Menu

Monday

Sheet Pan Quesadillas

Tuesday

Wil Rice, Butternut Squash, and Broccoli Casserole

Wednesday

Jack O Lantern Stuffed Peppers

Thursday

Sweet Potato and Sausage Skillet

Friday

Southwest Soup

Saturday

Sunday

Grocery List

Pantry

- 1 can refried beans
- 2 TBS olive oil (plus extra for cooking)
- 1 ½ TBS Worcestershire sauce
- 8.5 oz bag of precooked Spanish-style rice
- 1 15 oz can fire-roasted diced tomatoes
- 1 15 oz can of black beans
- 1 10 oz bag steamable frozen sweet potatoes
- ¼ cup chicken or veggie broth
- 1 can green chilis
- 28 oz can crushed tomatoes
- 3 cups chicken broth
- 2 cups corn (frozen or canned)
- Tortilla chips (optional topping)

Grains/Pasta

- 8 large burrito-size tortillas (whole grain recommended)
- 2 8.8 oz bags wild long grain rice mix

Meat

- 4 cups chopped or shredded rotisserie chicken (for multiple recipes)
- 1 lb ground turkey
- 1 12 oz package smoked andouille sausage (turkey recommended)

Produce

- 1-2 bell peppers (any color), sliced into thin strips
- 2 additional bell peppers, diced (red, green, or orange)
- 8 bell peppers for stuffed recipe (tops cut off)
- 3 onions (1 sliced, 1 chopped, 1 as desired)
- 1 zucchini, diced
- 1 medium zucchini, chopped
- 1 10 oz bag steamable butternut squash
- 4 green onions, chopped
- 1 avocado (optional topping)
- Cilantro (optional topping)

Dairy

- 2 cups Mexican blend cheese, shredded
- ½ cup plain Greek yogurt
- 1 cup finely shredded Parmesan cheese
- 1 cup low-fat shredded Mexican blend cheese

Seasonings

- Taco seasoning
- 2 TBS flour
- 1 tsp parsley
- ½ tsp dried thyme
- ½ tsp pepper (plus extra for soup)
- ½ tsp salt (plus extra for soup)
- ½ tsp paprika
- ½ tsp cumin (plus extra for soup)
- ½ tsp oregano (plus extra for soup)
- 2 teaspoons Italian seasoning
- 3 tsp chili powder