

On The Menu

Monday

Skillet Enchiladas

Tuesday

Honey Garlic Pork Tenderloin

Wednesday

Marry Me Chicken Pasta

Thursday

Orange Chicken

Friday

Pizza Sliders

Saturday

Sunday

Grocery List

Pantry

- 28 oz can red enchilada sauce
- 1 (14 oz) can garbanzo beans, black beans, or pinto beans (drained & rinsed)
- 1 cup cooked brown rice (Trader Joe's frozen brown rice recommended)
- 4 white or yellow corn tortillas, cut into 1 1/2-inch strips
- 1/2 cup honey
- 3 TBS soy sauce
- 1 (12-count) package King's Original Hawaiian Sweet Dinner Rolls, halved lengthwise
- 1 1/2 cups pizza sauce
- Coconut sugar
- 1/3 cup soy sauce
- 1/4 cup rice wine vinegar

Seasonings

- 2 TBS taco seasoning
- 1 TBS dried basil
- 1 TBS dried oregano
- 1 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- Italian seasoning
- Salt and pepper to taste
- 1/2 tsp white pepper

Produce

- 1/2 yellow onion
- 1 red bell pepper
- 1 zucchini
- 3 garlic cloves, minced
- Fresh ginger
- Fresh parsley, chopped
- Fresh jalapeño
- Cilantro
- Roasted red pepper
- Mushrooms
- Onions
- Banana peppers
- 3/4 cup fresh or frozen corn kernels
- Zest of one orange

Dairy

- 3/4 cup light Mexican blend cheese
- 1/2 cup plain Greek yogurt
- Fresh parmesan cheese
- 2/3 cup grated parmesan cheese
- 4 slices mozzarella cheese

Meat

- 1 lb extra lean ground turkey
- 2 (1 lb) boneless pork loin roasts
- 12 oz sweet Italian chicken sausages
- 2 lb boneless, skinless chicken breast tenderloins, cut into bite-sized pieces
- 1 (5 oz) package turkey pepperonis (Applegate recommended)