

On The Menu

Monday

Sheet Pan Chicken Parmesan

Tuesday

Taco Pasta

Wednesday

Fusilli Baked Pasta Alfredo

Thursday

Pot Roast

Friday

Egg Roll in a Bowl

Saturday

Sunday

Grocery List

Pantry

- 6 TBS olive oil
- 2 TBS flour (or substitute with cornstarch or arrowroot starch)
- 2 tsp sesame oil
- Brown rice
- 1/2 cup almond flour (or preferred flour)
- 1/2 cup bread crumbs (Kinder's Panko recommended)
- 1 1/2 cups marinara sauce of choice
- 1 15 oz can alfredo sauce (Primal recommended)
- 1 cup roasted red bell peppers (from the jar)
- 12 oz dried shell pasta
- 8 oz dry fusilli pasta
- 5 cups beef broth
- 2 cups chicken broth
- 1 TBS tomato paste
- 2 TBS apple cider vinegar
- 2 tsp coconut sugar (or brown sugar substitute)
- 3 TBS low sodium soy sauce or coconut aminos
- 2 bay leaves
- 1 TBS rice vinegar

Seasonings

- 3 TBS taco seasoning
- 1 TBS Italian seasoning
- 2 tsp salt
- 1 1/2 tsp pepper
- 2 tsp garlic powder
- 1 1/2 tsp paprika
- 1 tsp onion powder
- 1 tsp chili powder

Produce

- 3 zucchinis, diced
- 2 1/2 lbs potatoes (baby Yukon gold or yellow Dutch, diced or quartered)
- 1 1/2 cups cherry tomatoes
- 4 large carrots, cut into 2-inch pieces
- 4 stalks celery, cut into 2-inch pieces
- 2 yellow onions (finely diced and sliced)
- 1 white onion, chopped
- 8 oz mushrooms, chopped
- 1 red bell pepper, thinly sliced
- 1 cup grated carrots
- 1 12 oz bag coleslaw mix (white and purple cabbage combo)
- 2 green onions, chopped
- 3-4 sprigs fresh thyme
- 1/2 cup fresh basil, chopped

Dairy

- 1 egg
- 1 1/2 cups shredded parmesan cheese
- 1 cup shredded low-fat Mexican blend cheese

Meat

- 1-1.5 lbs chicken breast, cubed
- 1 lb lean ground beef or ground turkey
- 3-4 lb chuck roast
- 1 lb ground chicken or pork
- 2 cups chopped rotisserie chicken