

On The Menu

Monday

Pasta with Peas,
Sausage & Bacon

Tuesday

Sheet Pan BBQ
Chicken Nachos

Wednesday

Cheesy Tortellini

Thursday

Ribeye Tacos

Friday

Beef and Snap
Pea Ramen

Saturday

Sunday

Grocery List

Pantry

- 1 TBS olive oil
- 1/2 cup chicken broth
- 2 cups water or veggie broth
- 1 28 oz can marinara sauce
- 3-4 TBS coconut aminos or low sodium soy sauce
- 2 TBS Worcestershire sauce
- 3/4 cup BBQ sauce (pay attention to grams of added sugar!)
- 1 TBS taco seasoning
- Tortillas of choice
- 8 oz roasted red peppers (from the jar)
- BBQ seasoning
- Salt and black pepper (to taste)

Dairy

- 1/4 cup plain Greek yogurt
- 1/2 cup grated parmesan cheese
- 1/2 cup parmesan cheese (additional)
- 1 1/2 cup mozzarella cheese
- 1 cup low-fat cheddar cheese

Dry Goods

- 8 oz dry pasta of choice
- 4 oz Japanese/ramen-style noodles
- 20 oz tortellini of choice (spinach recommended for extra veggies)

Produce

- 2 large sweet potatoes, thinly sliced
- 2 bell peppers, color of choice
- 1 sweet onion
- 1/2 white or yellow onion, minced
- 1/2 white onion, diced
- 1/2 red onion, diced
- 1 tomato, diced
- 16 oz fresh asparagus
- 3 cloves garlic, minced
- 3 cloves garlic (additional)
- 16 oz fresh sugar snap peas or snow peas
- 2 cups frozen peas
- Chopped cilantro
- 1 avocado, diced

Meat

- 12 oz sweet Italian chicken sausage, cut into 1/2-inch rounds
- 12 ounces thick-cut bacon, diced into small pieces
- 1 lb lean ground beef or turkey
- 1 pound lean ground beef (additional)
- 1 1/2 lbs thinly sliced sirloin (pre-cut recommended)
- 1 rotisserie chicken, shredded