

# On The Menu

Monday

## Mexican Casserole

Tuesday

## Crockpot Chili and Cornbread

Wednesday

## Beef Stroganoff

Thursday

## Chicken Stir Fry

Friday

## Flat Bread Pizzas

Saturday

Sunday

# Grocery List

## Pantry

- 2 TBS olive oil (plus extra for cooking)
- 1 can refried beans
- 1 15 oz can diced tomatoes
- 1 15 oz can red kidney beans, drained and rinsed
- 1 15 oz can pinto beans, drained and rinsed
- 1 8 oz can of tomato sauce
- 2 cups beef broth (plus extra for other recipes)
- 1 box Jiffy cornbread mix
- 1 10-pack of corn tortillas
- 1 lb egg noodles (choice of type)
- Naan bread (full-size and mini)
- Marinara sauce
- Pesto
- BBQ sauce
- 1 ¼ cup chicken broth (¾ cup for sauce)
- ¼ cup low sodium soy sauce or coconut aminos
- 1 TBS rice vinegar (or substitute white vinegar)
- 2 TBS honey
- 1 box Jiffy corn bread mix

## Seasonings

- 2 TBS taco seasoning
- 2 ½ TBS chili powder
- 2 TBS ground cumin
- 1 tsp oregano
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp pepper (plus extra as desired)
- ½ tsp salt (plus extra as desired)

## Produce

- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 small onion, diced
- 1 medium yellow onion, diced
- ½ red onion, diced
- 2 large carrots, diced
- 1 large carrot, diced
- 1 zucchini, cut into matchsticks
- ½ bushel asparagus (about 1 cup), cut into 2-inch pieces
- 8 oz fresh mushrooms, diced
- Fresh parsley (optional)
- Cilantro (optional for topping)
- Cilantro
- Guacamole

## Meat

- 3 lb lean ground beef or turkey
- 1 ½ pounds chicken breast
- Turkey pepperonis

## Dairy

- 2 cups shredded Mexican cheese
- ½ cup shredded cheddar cheese
- ½ cup plain Greek yogurt
- Shredded cheese (Parmesan, mozzarella, and cheddar)
- Sour Cream

## Frozen

- 2 cups frozen corn