

# On The Menu

Monday

## Beef Ragu

Tuesday

## Chicken Sausage, Zucchini, and Orzo

Wednesday

## Orange Chicken

Thursday

## Creamy Butternut Squash Pasta

Friday

## Baked Potato Board

Saturday

Sunday

# Grocery List

## Pantry

- 5 Tbsp olive oil
- 3 Tbsp coconut aminos or soy sauce (additional)
- 2 TBS coconut aminos or soy sauce
- 2 cups beef broth
- 3 cups chicken or vegetable broth
- 2 ½ cups chicken broth (additional)
- 1 can crushed tomatoes (28 oz)
- 1 cup red wine
- ¾ cup orange juice (fresh or store-bought, watch for added sugar)
- ½ cup coconut sugar
- 2 TBS cornstarch
- 3 TBS flour
- 1 ½ cups dried orzo
- 8 oz pasta (tagliatelle, pappardelle, fettuccine, or farfelle)
- Jasmine rice (microwavable packets)

## Seasonings

- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp dried thyme leaves
- 1 tsp garlic powder
- Salt and pepper to taste

## Produce

- 1 large onion (diced)
- ½ sweet yellow onion (additional)
- 2 medium carrots (peeled and diced)
- 2 celery stalks (chopped)
- 2 medium zucchini (diced)
- 6-8 oz fresh spinach
- Zest of 1 orange
- 4 green onions (chopped)

## Meat

- 2 lbs chuck roast
- 2 lbs ground chicken
- 13 oz sweet Italian chicken sausage
- 4 sweet Italian chicken sausage links (precooked)

## Dairy

- ¾ cup grated parmesan cheese
- ½ cup Greek yogurt
- 1 cup parmesan cheese (additional)

## Frozen

- 1 bag frozen stir-fry vegetables
- 10 oz frozen butternut squash (steamable)

## Additionally

Don't forget whatever toppings you want to include in your Baked Potato Board. Try to utilize left overs where you can!