

# On The Menu

Monday

## Orange Chicken

Tuesday

## Cowboy Casserole

Wednesday

## Pesto Chicken & Quinoa

Thursday

## BBQ Chicken Tostadas

Friday

## Ribeye Tacos

Saturday

Sunday

# Grocery List

## Pantry

- Cornstarch or arrowroot starch (3–4 Tbsp total)
- 1/3 cup soy sauce
- ¼ cup rice wine vinegar
- ½ cup honey
- 2 Tbsp coconut sugar
- ½ cup pesto
- ½ cup BBQ sauce of choice (e.g., Primal)
- 1 can (10.75 oz) condensed cream of mushroom soup (sodium-free)
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes with green chilies
- 1 can (14.5 oz) fire-roasted diced tomatoes OR crushed tomatoes
- Tostados or tortillas of choice
- Taco seasoning (2 Tbsp + 1 tsp total)

## Grains & Dairy

- ¾ cup uncooked quinoa
- 1.5 cups low-sodium chicken broth
- ½ cup milk of choice
- 1 cup low-fat shredded cheddar cheese (additional to 1 total)
- ½–1 cup shredded mozzarella cheese

## Seasonings/Spices

- Salt and pepper to taste
- 1 tsp chili powder
- ½ tsp paprika (additional to 1 total)
- ½ tsp white pepper

## Produce

- 4 lbs boneless, skinless chicken breasts (total)
- 1 ½ lbs thinly sliced sirloin (precut)
- 1 rotisserie chicken (or 3 cups cooked chicken)
- 1 inch fresh ginger (grated)
- Zest of 2 oranges + ½ cup orange juice (from fresh oranges)
- Zest and juice of 2 lemons
- 3 cloves garlic (additional to 12 cloves total)
- 2–3 medium zucchini
- 1 pint cherry tomatoes, halved (additional to 1 cup total)
- 4 cups diced potatoes (about 1.5 lbs, e.g., russet)
- 1 red onion, diced (additional to 1 medium)
- 1 sweet onion (additional to 1 total)
- 3 bell peppers (color of choice, additional to 1 red bell pepper)
- 1 cup frozen corn (additional to 1 total)
- Optional: Chopped green onions for garnish

## Extras:

if you don't have your preferred toppings for tacos, then be sure you add those to your list!