

On The Menu

Monday

Taco Pasta

Tuesday

Rotisserie Chicken Fried Rice

Wednesday

Cast Iron Pizza

Thursday

Spaghetti Skillet

Friday

Chicken Bites

Saturday

Sunday

Grocery List

Pantry/Condiments Canned/Packaged

- Olive oil (approx. 16–20 Tbsp)
- Sesame oil (optional, 3 Tbsp)
- Taco seasoning (2 Tbsp)
- Dried oregano
- Italian seasoning (2 tsp)
- Garlic powder (3–4 tsp total)
- Paprika (2 tsp total)
- Dried thyme (¼ tsp)
- Balsamic vinegar (2 Tbsp)
- Ketchup (2 Tbsp)
- Low-sodium soy sauce or coconut aminos (4 Tbsp)
- Pizza sauce (1 can)

Grains/Bread

- 1 cup salsa of choice
- 4 cups beef broth
- 12 oz veggie broth
- 1 15 oz can diced tomatoes
- 1 24 oz jar marinara sauce
- 20 oz bag frozen peas and carrots
- 1–2 bags frozen green beans
- 12 oz dried shell pasta
- 8 oz whole wheat dry spaghetti
- 1 ½ (8.5 oz) bags microwaveable brown rice (e.g., jasmine rice)
- 1 pizza dough ball

Meat/Protein

- 1 lb lean ground beef (or ground turkey)
- 1 lb ground turkey
- 2 lbs boneless, skinless chicken breast tenderloins
- 2 cups rotisserie chicken (shredded or diced)

Dairy

- 1 cup shredded low-fat Mexican blend cheese
- 16 oz mozzarella cheese (grated)
- ½ cup shredded mozzarella or Parmesan cheese (additional to above)
- ½ cup grated Parmesan cheese
- 2 eggs

Produce

- 1–2 zucchinis
- 1 cup cherry tomatoes
- 4 medium-sized russet potatoes
- ½ yellow onion (additional to 2 white or yellow onions)
- 2–3 medium white or yellow onions (diced/sliced)
- 1 bell pepper (sliced)
- 2 green onions (chopped)
- 3 cloves garlic (additional to 8 total, minced)

Extras:

What ever toppings you prefer for your pizza