

On The Menu

Monday

Taco Pasta

Tuesday

Chicken Parmesan Meatballs

Wednesday

Crockpot Chili & Cornbread

Thursday

Beef & Garlic Noodles

Friday

Skillet Chicken Pot Pie

Saturday

Sunday

Grocery List

Pantry

- 9 Tbsp olive oil (total)
- 12 oz dried shell pasta
- 8 oz brown rice noodles
- 2 cups beef broth (additional to 6 cups total)
- 1 cup chicken broth (additional to 3 cups total)
- 1 jar (28 oz) San Marzano tomatoes OR diced tomatoes
- 1 jar (24 oz) marinara of choice
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) red kidney beans
- 1 can (15 oz) pinto beans
- 1 can (8 oz) tomato sauce
- 1 can of biscuits (8 count; e.g., Annie's)
- 1 box Jiffy corn bread mix
- ½ cup Italian breadcrumbs
- 2 tsp honey
- 3 Tbsp low sodium soy sauce

Dairy

- 1 cup shredded low-fat Mexican blend cheese
- ½ cup shredded cheddar cheese
- ½ cup grated parmesan cheese
- ½ cup plain Greek yogurt (additional to 1 cup total)

Frozen

- 1 cup frozen peas
- 1 cup frozen carrots

Seasoning

- 3 TBS taco seasoning (total)
- 2 ½ TBS chili powder
- 2 TBS ground cumin
- 1 tsp oregano
- 2 tsp paprika
- 1 tsp garlic powder
- ½ tsp dried thyme
- ¼ tsp dried sage
- Salt and pepper to taste

Produce

- 2 medium yellow onions (diced)
- ½ cup finely diced yellow onion
- ½ onion, sliced (for fajitas)
- ½ onion, diced (for chicken pot pie)
- 1 shallot, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper
- 1 red bell pepper
- 2 zucchinis
- 1 large carrot, diced
- 2 celery stalks, diced
- 1 cup cherry tomatoes
- 2 green onions, chopped
- 2-3 cloves minced garlic (additional to 10 total)
- Zest of half a lemon
- 2 cups broccoli florets (pre-cut)

Meat

- 1 lb lean ground beef (additional to 2 total)
- 1 lb ground chicken
- 1 ½ lbs lean ground turkey
- 3 cups diced rotisserie chicken
- 12 oz sweet Italian chicken sausage