

On The Menu

Monday

Crispy Garlic Honey
Chicken

Tuesday

Philly Cheesesteak Skillet

Wednesday

Crockpot Sausage
Rigatoni

Thursday

Crispy Chicken Tacos

Friday

Pizza Heart

Saturday

Sunday

Grocery List

Pantry/Condiments

- Cornflakes (4 cups)
- Grated Parmesan cheese (approx. 1 cup total)
- Paprika (1 tsp)
- Onion powder (½ tsp)
- Garlic powder (1½ tsp total)
- Honey (½ cup)
- Worcestershire sauce (2 TBS)
- Low sodium soy sauce (2 TBS total)
- Apple cider vinegar (1 TBS)
- Red enchilada sauce (1 cup)
- Italian seasoning (2 TBS)

Canned & Packaged Goods

- 28 oz jar marinara sauce
- 14 oz can diced tomatoes
- 28 oz chicken or veggie broth (optional, or water)
- 8-10 oz large rigatoni or Paccheri noodles
- Crescent roll dough (2 rolls)
- Sliced mozzarella cheese
- Turkey pepperonis
- Marinara sauce

Grains

- Tortillas (12, 8-inch)

Meat & Protein

- 1.5 lbs boneless chicken
- 1-1½ lbs thinly sliced sirloin
- 1 lb ground chicken
- 2 packages (11 oz each) sweet Italian chicken sausage links

Dairy

- Eggs (2, well beaten)
- Shredded mozzarella cheese (approx. 2 cups)
- Mexican shredded cheese (1 cup)

Produce

- 1 red bell pepper
- 1 green bell pepper (additional to frozen)
- 2-3 medium sweet onions
- 2 large carrots (finely diced)
- 4 cloves garlic (additional to 8 cloves total)
- 3-4 sprigs fresh thyme

Extras:

What ever toppings you prefer for your pizza