

# On The Menu

Monday

## Skillet Lasagna

Tuesday

## Sweet and Sour Chicken

Wednesday

## Chicken Enchiladas

Thursday

## Honey Garlic Pork Tenderloin

Friday

## Pizza Pasta

Saturday

Sunday

# Grocery List

## Pantry/Condiments

- Refried beans (½ can)
- Salsa (1 cup)
- Taco seasoning (4 TBS total)
- Olive oil (approx. 10 TBS total)
- Flour (2 TBS)
- Chicken broth (approx. 2¾ cups total)
- Rotel (1 can)
- Marinara sauce (approx. 52 oz total)
- Italian or pizza seasoning (2 TBS)
- Soy sauce or coconut aminos (7 TBS total)
- Dried basil (1 TBS)
- Dried oregano (1 TBS)
- Dried thyme (1 tsp)
- Arrowroot starch or cornstarch (2 TBS)
- Crushed pineapple (12 oz, no added sugar)
- Coconut sugar (1 TBS)
- Ketchup (2 TBS)
- Rice wine vinegar (1½ TBS)

## Produce

- 2 medium onions (white or sweet)
- 2 red bell peppers
- 2 green bell peppers
- 4 cloves garlic (plus additional as needed, approx. 12 total)
- 4 oz mushrooms of choice
- 1 zucchini, diced
- Grated carrots (1 cup)
- Bag salad of choice
- Broccoli florets (fresh or frozen, 1 bag)
- Fingerling potatoes (16 oz)

## Grains/Breads

- Whole grain tortillas (8)
- Penne pasta (10 oz)
- Whole grain reginetti pasta (8-10 oz)

## Meat/Protein

- 2 lbs boneless, skinless chicken breast
- 1 lb lean ground beef or turkey
- 2 lbs boneless pork loin roast
- 1 lb turkey sausage
- 1 package turkey pepperonis
- 2 cups rotisserie chicken, diced or shredded

## Dairy

- Plain Greek yogurt (1½ cups)
- Mexican blend cheese (approx. 3 cups total)
- Shredded mozzarella cheese (approx. 1¼ cups)
- Ricotta cheese (8 oz)
- Parmesan cheese (approx. 1 cup total, including for sprinkling)