

On The Menu

Monday

Shredded Beef Tacos

Tuesday

Chicken Bites with Potatoes & Green Beans

Wednesday

Sweet & Sour Chicken

Thursday

Marry Me Chicken Pasta

Friday

Sheet Pan Nachos

Saturday

Sunday

Grocery List

Pantry

- Olive oil (approx. 12 TBS total)
- Honey (4 TBS total)
- Balsamic vinegar (2 TBS)
- Ketchup (4 TBS total)
- Coconut aminos or low sodium soy sauce (½ cup total)
- Coconut sugar (1 TBS)
- Rice wine vinegar (1½ TBS)
- Arrowroot starch or cornstarch (2 TBS)
- Salsa (1½ cups total)
- Refried beans (1 can)
- Crushed tomatoes (14 oz can)
- Chicken broth (approx. 7 cups total)
- Beef stock (2 cups)
- Sun-dried tomatoes (½ cup)

Seasonings/Spices

- Chili powder (1½ TBS)
- Paprika (2 tsp total)
- Dried oregano (1¼ tsp total)
- Allspice powder (1 tsp)
- Cumin (1 tsp)
- Onion powder (3 tsp total)
- Salt & black pepper (as needed)
- Taco seasoning (6 TBS total)

Grains/Breads

- Pasta of choice (12 oz)
- Tortilla chips of choice
- Whole grain tortillas (8)

Meat/Protein

- 3 lb chuck roast
- 4 pounds boneless, skinless chicken breast (includes tenderloins & bite-sized chunks)
- 12 oz sweet Italian chicken sausages
- 1 lb lean ground turkey (or ground beef/chicken)

Dairy

- Plain Greek yogurt (1 cup total)
- Parmesan cheese (approx. 1¼ cups total)
- Mexican blend cheese (approx. 4 cups total)
- Cotija cheese (for topping)

Produce

- 2 oranges
- 2 limes
- 4 russet potatoes
- 3 bell peppers (1 red, 1 green, 1 choice)
- 2 medium onions (white or sweet)
- 5 garlic cloves (plus additional, approx. 13 total)
- 12 oz frozen green beans (or more as desired)
- Jalapeños
- Shredded iceberg lettuce