

# On The Menu

Monday

## Sheet Pan BBQ Chicken Nachos

Tuesday

## Chicken Stir Fry

Wednesday

## Cheesy Tortellini

Thursday

## Healthier Hamburger Helper

Friday

## Lemon Skillet Chicken

Saturday

Sunday

# Grocery List

## Pantry

- Olive oil (approx. 8 TBS total)
- BBQ sauce (¾ cup, low added sugar)
- Chicken broth (approx. 2½ cups total)
- Beef broth (2 cups)
- Low sodium soy sauce OR coconut aminos (¼ cup)
- Rice vinegar OR white vinegar (1 TBS)
- Honey (2 TBS)
- Tomato paste (2 TBS)
- Marinara sauce (28 oz can)
- Roasted red peppers (8 oz jar)
- Whole wheat dried elbow pasta or shells (12 oz)
- Tortellini of choice (20 oz)

## Seasoning/Spices

- BBQ seasoning
- Garlic powder (approx. 3½ tsp total)
- Onion powder (1½ tsp total)
- Kosher salt (as needed)
- Black pepper (as needed)
- Italian seasoning (3 tsp total)
- Paprika (1 tsp)

## Meats/Proteins

- 1 rotisserie chicken
- 2¾ lbs boneless, skinless chicken breast (shredded + diced)
- 1 lb lean ground beef or turkey

## Dairy

- Low-fat mozzarella cheese (1½ cups total)
- Low-fat cheddar cheese (2 cups total)
- Parmesan cheese (approx. ¾ cup total)
- Skim milk (2 cups)

## Produce

- 2 large sweet potatoes
- 1 avocado
- ½ red onion
- 2 yellow or white onions
- 1 small sweet onion
- 3 bell peppers (2 red, 1 choice)
- 2 medium zucchini
- 2 large carrots
- ½ bushel asparagus (approx. 16 oz total)
- 1 tomato
- 5 cloves garlic (plus additional as needed)
- 1 lemon (zest + juice)
- ¼ cup freshly chopped parsley
- Chopped cilantro