

On The Menu

Monday

Smash Burgers

Tuesday

Grilled BBQ Chicken

Wednesday

Healthier Goulash

Thursday

Skillet Enchiladas

Friday

Fish Tacos

Saturday

Sunday

Grocery List

Pantry

- 8 (6-inch) tortillas of choice
- 8 corn or flour tortillas (for fish tacos)
- 4 white or yellow corn tortillas (cut into strips)
- 28 oz can red enchilada sauce
- 1 (14 oz) can garbanzo beans OR black beans OR pinto beans, drained & rinsed
- ¾ cup fresh or frozen corn kernels
- 1 cup cooked brown rice (Trader Joe's frozen recommended)
- 2 (15 oz) cans tomato sauce
- 2 (15 oz) cans petite diced tomatoes
- 3 cups low sodium beef broth (or beef base + water)
- 2 cups uncooked macaroni noodles (Banza chickpea recommended)
- 1 cup BBQ sauce (Primal Kitchen recommended)
- 3 TBS Worcestershire sauce
- 3 TBS honey
- Olive oil spray
- 5 TBS extra-virgin olive oil (divided)
- 1 TBS olive oil
- 2 TBS avocado or olive oil-based mayonnaise
- Italian dressing of choice

Dairy

- ½ cup fresh mozzarella balls
- ½ cup light cheddar cheese, shredded (optional)
- ¾ cup light Mexican blend cheese
- ¼ cup plain Greek yogurt

Produce

- 1 large English cucumber
- 1 cup cherry tomatoes
- ½ red onion, sliced thinly
- 1 cup onion (approx. 1 ½ onions total)
- ½ yellow onion
- 1 green bell pepper
- 1 red bell pepper
- 1 zucchini
- 6 garlic cloves, minced
- Handful of fresh basil
- 1 orange (for juice)
- 2 limes (for juice)
- 1 bag coleslaw mix
- ½ cup pre-made mango pico de gallo
- Fresh cilantro (optional)
- Fresh jalapeño (optional)

Frozen

- 1 bag sweet potato fries
- ½ cup frozen mango chunks

Seasonings

- 2 TBS steak or burger seasoning
- 2 TBS taco seasoning (Siete recommended)
- 1 tsp taco seasoning (for slaw)
- 1 tsp seasoned salt
- 2 TBS Italian seasoning
- 1 ½ TBS smoked paprika
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp kosher salt
- ¼ tsp ground white pepper

Meats/Proteins

- 3 lbs lean ground beef (93/7, grass-fed)
- 1 ½ lbs boneless, skinless chicken breasts
- 1 lb extra lean ground turkey
- 1 lb mild white fish (cod or mahi mahi)

Extras:

If you don't have your preferred toppings for Smash Burgers, then be sure you add those to your list!