

On The Menu

Monday

Sausage & Zucchini Orzo

Tuesday

Mexican Casserole

Wednesday

Beef & Broccoli

Thursday

Sheet Pan Chicken Parmesan

Friday

Shrimp Stir Fry

Saturday

Sunday

Grocery List

Pantry

- 1 ½ cups dried orzo
- 3 cups chicken or vegetable broth
- ¾ cup grated parmesan cheese
- 2 cups frozen corn
- 10 corn tortillas
- 1 can refried beans
- 2 cups red enchilada sauce
- ½ cup hot water
- 6 Tbsp coconut aminos (or low-sodium soy sauce)
- 3 Tbsp coconut sugar
- 1 ½ Tbsp cornstarch OR arrowroot starch
- 1 ½ cups marinara of choice
- ½ cup almond flour (or preferred flour)
- ½ cup bread crumbs (Kinder's Panko recommended)
- 3 tablespoons honey

Dairy

- 2 cups Mexican cheese
- 1 cup finely shredded parmesan cheese
- Sour cream (for topping)

Condiments & Oils

- 2 TBS olive oil
- 2 Tbsp olive oil, divided (plus 2 more for shrimp dish)
- 2 Tbsp sesame oil
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon mustard OR honey mustard

Protein

- 13 oz package of sweet Italian Chicken Sausage
- 1 lb lean ground beef or turkey
- 1 lb flank steak or thinly sliced ribeye
- 1-1.5 lbs chicken breast, cubed
- 1 pound jumbo shrimp (peeled and deveined)

Produce

- 2 medium zucchini, diced
- ½ sweet yellow onion
- 1 red bell pepper
- 1 green bell pepper
- ½ red onion, diced
- 1 lb (16 oz) precut broccoli florets (plus 2 more cups for shrimp dish)
- 2 tsp fresh ginger, grated (or frozen cubes from Trader Joe's)
- 3 zucchinis, diced
- 1 pound baby Yukon gold potatoes or yellow Dutch potatoes, diced
- ½ cup fresh basil, chopped
- Cilantro (for topping)
- Juice from half a lemon
- 1 bag snap peas
- 1 carrot, shredded
- Guacamole

Seasonings

- 2 TBS taco seasoning
- 2 cloves minced garlic (plus 3 more for shrimp)
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- ½ tsp paprika
- 1 TBS Italian seasoning
- 2 tsp sesame seeds (optional garnish)
- ¼ tsp black pepper
- 1 tablespoon Italian seasoning