

On the Menu

Monday

Pasta with Peas,
Sausage & Bacon

Tuesday

Beef Enchiladas

Wednesday

Grilled BBQ
Chicken

Thursday

Beef & Snap Pea
Ramen

Friday

Honey Garlic
Salmon

Saturday

Sunday



Grocery List

Pantry

- 8 ounces dry pasta of choice
- ½ cup chicken broth
- 1 cup chunky salsa of choice
- 15-ounce red enchilada sauce (1.5 cans)
- 8 (8-inch) tortillas – corn or flour
- 1 cup BBQ sauce
- Beef broth

Proteins

- 12 ounces thick-cut bacon, diced
- 12 oz sweet Italian chicken sausage, cut into ½-inch rounds
- 1 ½ pounds chicken breasts
- 1 pound lean ground beef (for enchiladas)
- 1 pound lean ground beef (for stir-fry)
- 4-5 (6 oz each) salmon filets

Condiments & Oils

- Olive oil spray
- 2 tsp olive oil
- 2 TBS Worcestershire sauce
- 3-4 TBS coconut aminos or low-sodium soy sauce
- 3 Tbsp coconut aminos or low-sodium soy sauce (for salmon glaze)
- 3 TBS honey
- 1/4 cup honey

Frozen

- 2 cups frozen peas

Produce

- 1/2 white or yellow onion, minced
- 1/2 white onion, diced
- 5 cloves garlic, minced (plus 3 more for pasta)
- 1/2 cup chopped mushrooms
- 16 oz fresh sugar snap peas or snow peas
- Chopped green onions (for garnish)
- Optional: Frozen stir-fry veggies

Dairy

- 1/4 cup plain Greek yogurt
- 1/2 cup grated parmesan cheese
- 2 cups light Mexican blend cheese
- 2 TBS butter

Seasonings

- Chicken seasoning OR dry BBQ seasoning
- 1 1/2 tablespoons smoked paprika
- 1/2 tsp smoked or regular paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/4 tsp ground white pepper
- Kosher salt
- Black pepper
- Salt and black pepper (to taste)
- Sesame seeds (for garnish)