

On the Menu

Monday

Cilantro Lime Chicken Tacos

Tuesday

Italian Chicken Foil Packets

Wednesday

Lemon Skillet Chicken

Thursday

Hawaiian Meatballs

Friday

Sheet Pan Salmon & Sweet Potatoes

Saturday

Sunday



Grocery List

Produce

- 2 limes (zest and juice of 1, 1 cut into wedges)
- ½ cup fresh cilantro, divided
- 2 cloves minced garlic (plus 1 more tsp for meatballs)
- 1 medium onion, sliced into ¼-inch strips
- 1 small sweet onion, sliced
- 2 bell peppers (red and orange), sliced into ¼-inch strips
- 1 cup sliced mushrooms (optional for kids)
- Zest of 1 lemon (plus more for serving)
- 2 medium zucchini, sliced into half-moon shapes
- 2 large sweet potatoes, cubed
- 1 lb broccoli florets
- Juice from half a lemon
- 1 tablespoon freshly grated ginger

Dairy

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

Proteins

- 4 organic boneless skinless chicken breasts (6 oz each)
- 5 sweet Italian chicken sausage links
- 1 ¼ lbs boneless skinless chicken breasts, diced
- 1 pound lean ground beef (grass-fed)
- 1-1.5 lbs salmon, cut into individual servings

Pantry

- 1 tbsp olive oil (plus 4 TBS divided for cooking)
- Olive oil (extra for general use)
- ½ TBS honey (plus more for glaze)
- 1 jar of marinara sauce (Rao's)
- ½ cup BBQ sauce (Primal or other low-sugar option)
- 1 tablespoon extra-virgin olive oil (or preferred oil)
- 1 tablespoon low-sodium soy sauce OR coconut aminos
- ¼ cup low-sodium soy sauce OR coconut aminos
- 1 tablespoon Worcestershire sauce
- 8 ounces crushed pineapple (no added sugar)
- ¼ cup water
- 1.5 tablespoons rice wine vinegar (or white vinegar)
- 1 tablespoon coconut sugar

Seasonings

- 1 tsp kosher salt (plus more to taste)
- 1 tsp black pepper (plus more to taste)
- 3 tsp Italian seasoning, divided
- 1 tsp garlic powder, divided
- ½ tsp onion powder
- 1 teaspoon minced garlic
- 1 tablespoon cornstarch OR arrowroot starch
- Paprika
- Salt
- Pepper
- Garlic powder

Other

- Foil