

# On the Menu

## Monday

### Ribeye Tacos

## Tuesday

### Sheet Pan Sausage

## Wednesday

### Marry Me Chicken Meatballs

## Thursday

### Mongolian Beef Noodles

## Friday

### BBQ Pulled Pork Quesadillas

## Saturday

## Sunday

# Grocery List

## Dairy

- 1 egg
- 1/2 cup finely grated Parmesan
- 1/2 cup finely grated parmesan cheese

## Protein

- 1 lb lean ground beef
- 1 pound ground chicken
- 1 ½ lbs thinly sliced sirloin
- 2 13 oz packages sausage of choice
- 3 lb pork shoulder

## Produce

- 2 bell peppers (any color)
- 1 sweet onion
- 3 cloves garlic
- 1/3 cup sun-dried tomatoes
- Fresh basil, chopped
- 2 corn on the cob, husks on
- 1 red bell pepper
- 1 orange bell pepper
- 1 green bell pepper
- 2 green onions, chopped
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 small sweet onion, sliced
- Juice & zest from 1 lemon
- Red pepper flakes (optional)
- Fresh ginger (grated or frozen cube)

## Pantry

- 5 TBS olive oil
- 3 TBS all-purpose flour
- 1 cup chicken stock or broth
- ¼ cup apple cider vinegar
- ¼ cup chicken broth
- 1 TBS molasses
- 2 TBS Worcestershire sauce
- 1 cup BBQ sauce
- 10 oz linguine, fettuccine, or stir-fry noodles
- 3 TBS cornstarch or arrowroot starch
- ½ cup water
- 1 tsp dijon or honey mustard
- Tortillas of choice

## Seasonings

- 2 TBS taco seasoning
- 1 TBS Italian seasoning
- 1 TBS onion powder
- 1 ½ tsp garlic powder
- 1 TBS coarse salt
- 2 tsp paprika
- 2 tsp cumin
- 1 tsp black pepper
- 3 tsp salt

## Optional Toppings/Add Ins

- Shredded lettuce
- Cotija or shredded Mexican cheese
- Salsa
- Avocado
- Pickles
- Shredded cheese
- Chopped red onion
- Tomatoes
- Red pepper flakes
- Sriracha

