

# On the Menu

## Monday

### Smash Burgers

## Tuesday

### Skillet Spaghetti

## Wednesday

### Chicken Bites

## Thursday

### Egg Roll in a Bowl

## Friday

### Chicken Taquitos

## Saturday

## Sunday



# Grocery List

## Protein

- 1.5 cups shredded cooked chicken (rotisserie)
- 1 lb lean ground beef
- 1 pound ground turkey
- 2 pounds boneless skinless chicken breast tenderloins
- 1 lb ground chicken or pork

## Produce

- 2 medium onions (white or yellow)
- 2 cloves garlic
- 1 red bell pepper
- 1 cup grated carrots (store-bought bag)
- 8 oz mushrooms
- 2 green onions, chopped

## Dairy

- 1/2 cup low fat Mexican blend cheese
- 1/2 cup shredded mozzarella or parmesan cheese
- 1 egg

## Optional Toppings:

- Shredded lettuce
- Tomato
- Onion
- Avocado
- Cotija cheese
- Cilantro
- Cheese
- Pickles
- Jalapeños

## Pantry

- 1 cup salsa of choice
- 10 egg roll wrappers
- 8 (6-inch) tortillas of choice
- 1 (15 oz) can diced tomatoes
- 1 (24 oz) jar marinara sauce
- 12 oz water
- 12 oz veggie broth
- 3 tablespoons olive oil
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons ketchup
- Brown rice or veggie spring rolls (Royal Asia brand)
- 1 can black beans, drained and rinse

## Seasoning

- 1/2 tablespoon taco seasoning
- 2 tablespoons steak or burger seasoning
- 2 tablespoons Worcestershire sauce
- 2 teaspoons Italian seasoning
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3/4 teaspoon salt
- 3/4 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 1 tablespoon rice vinegar
- 2 teaspoons sesame oil
- 3 tablespoons low sodium soy sauce or coconut aminos