

On the Menu

Monday

Taco Cups

Tuesday

Marry Me Chicken Pasta

Wednesday

Peach Balsamic Chicken

Thursday

Orange Chicken

Friday

French Bread Pizzas

Saturday

Sunday



Grocery List

Protein

- 1 pound ground chicken
- 12 oz sweet Italian chicken sausages
- 4 large chicken breasts
- 2 lb boneless, skinless chicken breast tenderloins

Produce

- 1 medium sweet onion
- 2 cloves garlic
- 4 cloves garlic (additional for recipes)
- 2-3 peaches, sliced thinly
- 1/2 cup fresh basil, chopped
- 1 inch fresh ginger (grated)

Pantry

- 4 tablespoons olive oil
- 1 cup of your favorite salsa
- 1 package wonton wrappers (refrigerated section)
- 12 oz pasta of choice
- 1/2 cup sun-dried tomatoes
- 4 cups chicken broth
- 1/2 cup orange juice
- 1/3 cup soy sauce
- 1/4 cup rice wine vinegar
- 1 tablespoon cornstarch or arrowroot starch
- 1 loaf French bread
- 1 cup pizza sauce (or marinara)
- Olive oil (optional for brushing bread)
- Balsamic glaze (store bought)

Optional Toppings for Taco Cups

- Shredded lettuce
- Sour cream or Greek yogurt
- Salsa
- Jalapeños
- Cilantro

Dairy

- 3/4 cup Mexican shredded cheese
- 1/2 cup plain Greek yogurt
- 1/2 cup finely grated Parmesan cheese
- 2-3 slices mozzarella cheese (or fresh mozzarella)
- 1 1/2 cups shredded mozzarella cheese

Seasonings

- 2 tablespoons taco seasoning
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- Salt and pepper (to taste)
- All-purpose chicken seasoning
- 2 tablespoons coconut sugar
- 1/2 teaspoon white pepper
- Italian seasoning or dried oregano

Condiments

- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons ketchup (Primal recommended)

Optional Toppings for Pizzas

- Pepperoni
- Bell peppers
- Olives
- Mushrooms
- Cooked sausage
- Spinach