

# On the Menu

## Monday

### Sheet Pan Tex Mex Chicken

## Tuesday

### 5 Ingredient Chicken Parmesan

## Wednesday

### Cheddar Ranch Chicken Burgers

## Thursday

### Chicken Stir Fry

## Friday

### Flat Bread Cheese & Margherita Pizza

## Saturday

## Sunday



# Grocery List

## Proteins

- 1.5 lbs chicken breast or chicken tenderloins, cut into 1-inch pieces
- 4 (6-ounce) boneless, skinless chicken breast halves
- 2 lbs ground chicken
- Bacon (for slider toppings)

## Dairy

- $\frac{3}{4}$  cup Mexican blend cheese
- 1 cup shredded Italian-blend cheese
- $\frac{1}{2}$  cup finely shredded cheddar cheese
- Shredded cheese (parmesan, mozzarella, and cheddar for flatbreads)
- 1 egg

## Produce

- 2 bell peppers (any color), chopped
- 1 medium onion, chopped
- 2 large zucchini, diced
- 1 cup frozen corn
- 1 pint cherry tomatoes
- 1 zucchini, cut into matchsticks
- 1 red bell pepper, cut into thin strips
- 2 large carrots
- $\frac{1}{2}$  bushel asparagus, cut into 2-inch pieces (about a cup)
- 1 yellow or white onion, slivered
- 2 cloves garlic, minced (plus 3 more for another recipe)
- Fresh basil leaves (optional)
- Lettuce (for slider toppings)
- Tomatoes (for slider toppings)
- Grilled onions (for slider toppings)

## Pantry & Condiments

- 1 can ranch-style beans (do not drain)
- 1 can Rotel (drain off excess juice)
- 1 TBS cornstarch or arrowroot starch
- 2 TBS taco seasoning (Siete recommended)
- 1 cup Italian-seasoned panko breadcrumbs
- $\frac{1}{3}$  cup avocado or olive oil-based mayonnaise
- 1 oz ranch seasoning mix
- 4 tbs olive oil
- $\frac{1}{4}$  cup chicken broth
- $\frac{1}{4}$  cup low-sodium soy sauce OR coconut aminos
- 1 TBS rice vinegar (or white vinegar)
- 2 TBS honey
- Naan bread (full size and minis)
- Marinara
- Pesto
- BBQ sauce
- Turkey pepperonis
- Roasted red bell peppers (jarred)
- Ranch dressing (for slider toppings)
- Pickles (for slider toppings)
- Buns (for sliders)

## Spices

- Garlic powder
- Salt
- Pepper