

On the Menu

Monday

Chicken Taquitos

Tuesday

Italian Sausage Ragu with Pappardelle

Wednesday

Grilled BBQ Chicken

Thursday

Egg Roll in a Bowl

Friday

Honey Mustard Chicken BLT Sliders

Saturday

Sunday

Grocery List

Protein

- 1.5 lbs chicken breasts
- 1.5 cups shredded cooked chicken (rotisserie recommended)
- 1.5 lbs boneless, skinless chicken breasts (for sliders)
- 1 lb Italian pork sausage
- 1 lb ground chicken or pork
- 6 slices bacon

Jarred/Canned Goods

- 1 can black beans
- 1 cup salsa
- 1 cup BBQ sauce
- 1 tbsp tomato paste
- 1 (15 oz) can whole peeled plum tomatoes (San Marzano if possible)

Dairy

- ½ cup low-fat Mexican blend cheese
- 6 slices cheddar or mozzarella cheese
- Cotija cheese
- Freshly grated Parmesan
- ¼ cup avocado oil-based mayo
- 1 Egg

Spices

- 1½ tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika (optional)
- ¼ tsp ground nutmeg
- ¼ tsp ground white pepper
- ¼ tsp ground black pepper
- Chicken seasoning OR dry BBQ seasoning

Pantry

- 10 oz dried pappardelle pasta
- 6 brioche slider buns
- 1 tbsp yellow mustard
- 1 tbsp white vinegar
- 1 tbsp rice vinegar
- ½ tsp taco seasoning
- 3 tbsp honey
- ¼ cup honey
- 3 tbsp low-sodium soy sauce or coconut aminos
- 1 tsp Italian seasoning
- 1 tsp sugar or honey
- ½ tsp kosher salt
- ½ tsp sea salt
- ¼ tsp salt
- Olive oil (at least 3 tbsp)
- Olive oil spray
- 2 tsp sesame oil
- 10 egg roll wrappers
- Brown Rice or Veggie Spring Rolls (e.g., Royal Asia brand)

Produce

- 1 (12 oz) bag coleslaw mix
- 1 cup grated carrots
- 1 red bell pepper
- 1 white or yellow onion
- ½ red onion
- 2-3 tomatoes
- Romaine lettuce
- Avocado
- Cilantro
- Green onions (about 2)
- Shallot
- 8 oz mushrooms
- Garlic (about 5 cloves)
- ¼ cup fresh parsley
- Shredded lettuce
- Onion

