

# On the Menu

## Monday

Burgers & Hot Dogs  
with Patriotic Pasta  
Salad

## Tuesday

Summer Patio  
Pasta

## Wednesday

Sheet Pan  
Sausage

## Thursday

Korean  
Noodles

## Friday

Grilled Pizza

## Saturday

## Sunday



# Grocery List

### Protein

- 1 pound thick-cut bacon
- 1.5 lbs boneless, skinless chicken breast (diced)
- 2 (13 oz) packages chicken or turkey sausage (sliced into rounds)
- 1 pound lean ground beef

### Dairy

- 1/2 cup creamy Ranch dressing
- 1/2 cup grated Parmesan cheese
- 3 to 3½ cups shredded mozzarella (or blend with provolone/fontina)

### Pantry

- 1 cup zesty Italian dressing
- 2 tablespoons olive oil (plus more for brushing)
- 2 cups chicken broth
- 1 cup milk or half-and-half
- 1/2 cup basil pesto
- 1 tablespoon avocado or olive oil
- 1/4 cup low-sodium soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons coconut sugar or honey
- 1 tablespoon rice vinegar
- 1 tablespoon hoisin sauce (optional)
- ½ teaspoon cornstarch
- 1 tablespoon water
- 1 to 1½ cups pizza sauce (or pesto, white sauce, or garlic oil)

### Spices

- Salt
- Pepper
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon coarse salt
- ½ teaspoon red pepper flakes (optional)

### Grains & Pasta

- 1 pound bow tie pasta
- 8 oz short pasta (penne or rotini)
- 8 oz noodles (ramen, rice noodles, udon, or spaghetti)
- 2 pounds fresh pizza dough
- Cornmeal or flour (for dusting)

### Grains & Pasta

- 2 large ripe tomatoes
- 2 cups cherry tomatoes
- 1 cup cherry tomatoes (for second recipe)
- 10 romaine lettuce leaves
- 1/3 cup red onion
- 1 small shallot
- 2 medium zucchini
- 2 lbs baby red OR Yukon gold potatoes
- 2 corn on the cob, husks on
- 1 red bell pepper (plus 1 more for noodles)
- 1 orange bell pepper
- 1 green bell pepper
- 1½ cups shredded carrots
- 1½ cups shredded cabbage or slaw mix
- 3 cloves garlic (for pesto pasta)
- 3 cloves garlic (for noodles)
- 1 teaspoon fresh grated ginger
- Green onions (thinly sliced, for garnish)
- Fresh basil leaves (½ cup chopped)
- Lime wedges (optional)

### Optional Toppings

- Whatever toppings you're going to want for your Grilled Pizzas