

On the Menu

Monday

Rotisserie Chicken Tostadas

Tuesday

Easy Spaghetti

Wednesday

BBQ Salmon Bites

Thursday

Lemon Basil Chicken Stir Fry

Friday

Rotisserie Chicken Sliders

Saturday

Sunday



Grocery List

Protein

- Rotisserie chicken (x2)
- 1 lb ground turkey
- 2 lbs salmon filets
- 1½ lbs chicken breast, thinly sliced

Dairy

- Shredded cheese (Mexican blend, cheddar, mozzarella, or provolone)
- ½ cup shredded mozzarella OR parmesan cheese
- ¼-½ cup cheddar cheese
- 2 TBS unsalted butter

Produce

- Fresh pico de gallo or salsa
- 1 medium white or yellow onion
- Garlic (approx. 9 cloves total, minced/grated)
- 4 russet potatoes
- 1-2 (10 oz) bags of frozen broccoli
- ¼ cup fresh-squeezed lemon juice (about 2 lemons)
- 1 white onion, thinly sliced
- 2 cups broccoli florets, chopped
- 2 medium carrots
- 1 bell pepper
- 1 medium zucchini
- 2 cups fresh basil, sliced
- 1 tomato, thinly sliced
- ½ red onion, thinly sliced
- 2 TBS parsley, chopped

Pantry

- Refried beans
- Tostada shells
- Olive oil (approx. 4 TBS total)
- 1 (15 oz) can diced tomatoes
- 1 (24 oz) jar marinara sauce
- 12 oz water
- 12 oz veggie broth
- 8 oz whole wheat dry spaghetti
- ½ cup vegetable broth or stock
- 2 tsp cornstarch
- ½ tsp granulated sugar or honey
- Steamed brown or white rice
- Toasted sesame seeds

Seasonings & Spices

- Italian seasoning (2 tsp)
- Kosher salt (½ tsp + to taste)
- Pepper (to taste)
- Paprika
- Garlic powder
- BBQ seasoning (optional)

Condiments

- BBQ sauce (½-¾ cup)
- Soy sauce (1 TBS)
- Rice wine vinegar (1 TBS)
- Spicy mayo (3 TBS)
- Pickles (¼ cup sliced)

Bakery

- 1 package Sweet Hawaiian rolls

Optional Toppings

- Shredded lettuce
- Sour cream/greek yogurt
- Avocado slices
- Jalapeños
- Chopped cilantro
- Squeeze of lime