

On the Menu

Monday

Grilled Citrus Chicken Bowls

Tuesday

Sheet Pan Quesadillas

Wednesday

Italian Sausage Ragu

Thursday

Orange Beef Bowls

Friday

Grilled Shrimp

Saturday

Sunday



Grocery List

Protein

- 1 lb flank steak or sirloin (thinly sliced)
- 1 lb fresh Italian pork sausage (casings removed if needed)
- 2 cups rotisserie chicken (shredded or diced)
- 4-5 (6 oz) boneless, skinless chicken breasts or thighs
- 1 lb jumbo shrimp (peeled and deveined)

Dairy

- 2 cups shredded Mexican blend cheese
- Freshly grated Parmesan (for serving)

Pantry & Spices

- Olive oil (approx. 1 cup total)
- 1 tablespoon coconut aminos
- 1 teaspoon Dijon mustard (or honey mustard)
- 1 tablespoon Worcestershire sauce
- ¼ cup white wine vinegar
- 1 tablespoon tomato paste
- 15 oz can whole peeled plum tomatoes
- ⅓ cup water
- 1 teaspoon Italian seasoning
- 1 teaspoon taco seasoning
- 1 teaspoon sugar or honey
- 2 tablespoons honey (plus more if substituting)
- ½ cup honey (for beef sauce)
- 2 tablespoons coconut sugar (or more honey)
- ⅓ cup low-sodium soy sauce
- ¼ cup rice vinegar
- 1 tablespoon cornstarch (plus 2 tablespoons more if thickening)
- ¼ teaspoon ground nutmeg
- 1 can refried beans

Produce

- 2-3 oranges (for juice and zest)
- 2 lemons (for juice and zest)
- 1 lime (for juice and zest)
- 2 bell peppers (for quesadillas, sliced)
- 2 bell peppers (for grilling, quartered)
- 1/2 onion (sliced into thin strips)
- 1 red onion (sliced for grilling)
- 1 shallot (finely diced)
- 1 tbsp chopped shallot or extra red onion (for citrus marinade)
- 3-4 garlic cloves (minced or grated)
- 1 inch fresh ginger (grated)
- ¼ cup fresh parsley, chopped
- 1 tbsp chopped fresh rosemary (or 1 tsp dried)
- 2 zucchini or summer squash (sliced into planks)
- 2 ears corn (husked)
- Green onions (for garnish, optional)

Grains

- 10 oz dried pappardelle pasta
- 8 large burrito-size tortillas
- Cooked rice or rice noodles (for serving)