

On the Menu

Monday

5 Ingredient Enchiladas

Tuesday

Lemon Ricotta Pasta with Grilled Shrimp

Wednesday

Philly Cheesesteak Sliders

Thursday

Hawaiian Meatballs

Friday

Grilled Pizzas

Saturday

Sunday

Grocery List

Produce

- 1 large sweet onion
- 2 bell peppers (any color)
- 2 lemons (for ¼ cup juice + 1 tbsp zest)
- 1 tbsp freshly grated ginger
- 1 clove garlic (optional)
- Fresh basil (for garnish)
- 2 cups fresh arugula
- Lemon wedges (for serving)

Dairy

- 3 to 3½ cups shredded mozzarella (or provolone/fontina blend)
- 6-8 slices provolone or white American cheese
- 1 cup whole-milk ricotta cheese
- 1 cup + extra grated Parmesan cheese
- 2 cups light Mexican blend cheese
- 1 egg, lightly beaten

Canned/Jarred

- 1 cup chunky salsa of choice
- 15 oz red enchilada sauce (1.5 cans)
- Worcestershire sauce
- Low-sodium soy sauce OR coconut aminos (at least ¼ cup + 1 tbsp)

Meat & Seafood

- 2 pounds fresh pizza dough
- 1½ lbs shaved steak or thinly sliced ribeye
- 1 lb lean ground beef (x2 = 2 lbs total)
- 1 lb large shrimp, peeled & deveined
- 8 oz diced pancetta

Pantry

- 2 tbsp olive oil, plus more for brushing
- Cornmeal or flour (for dusting pizza dough)
- 1 to 1½ cups pizza sauce (or pesto/white sauce/garlic oil)
- 1 package (12 count) Hawaiian sweet rolls or slider buns
- 8 oz crushed pineapple (no added sugar)
- ½ cup Panko breadcrumbs
- 8 (8-inch) tortillas (corn or flour)
- 12 oz rigatoni or short pasta

Spices/Seasonings

- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp salt
- 1 tsp black pepper
- Salt & pepper, to taste
- 1 tbsp coconut sugar
- 2 tbsp honey
- 1½ tbsp rice wine vinegar (or white vinegar)
- 1 tbsp cornstarch OR arrowroot starch
- 1 tbsp Italian dressing (for shrimp marinade)

Optional Toppings

- Don't forget whatever toppings you want for your pizza night!

