

On the Menu

Monday

Chicken & Bean Tostadas

Tuesday

Chicken Sausage, Zucchini, & Orzo

Wednesday

Air Fryer Chicken Breasts

Thursday

Orange Beef Bowls

Friday

Burger Board

Saturday

Sunday

Grocery List

Protein

- 1 lb lean ground beef
- 1 lb flank steak or sirloin
- 4 small chicken breasts
- 13 oz package sweet Italian chicken sausage
- Rotisserie chicken

Grains & Breads

- 1½ cups dried orzo
- Cooked rice (brown, white, or jasmine) or rice noodles
- Tostada shells

Pantry

- Salt
- Pepper
- Season salt
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp coarse salt
- 1 tsp pepper
- ½ tsp white pepper (or use more black pepper)
- Mustard (1 tsp + optional use)
- Ketchup (optional use)
- Mayo (optional use)
- Worcestershire sauce - 1 tsp
- Cornstarch - 3 TBS (or arrowroot starch)
- Honey - ½ cup + 2 TBS (if not using coconut sugar)
- Coconut sugar - 2 TBS (or more honey)
- Soy sauce - ½ cup (low-sodium)
- Rice vinegar - ¼ cup
- Chicken or vegetable broth - 3 cups
- Refried beans (canned or homemade)
- Salsa or pico de gallo

Dairy

- 1 egg
- Fresh Parmesan cheese
- ¾ cup grated Parmesan cheese
- Shredded cheese (cheddar, Monterey jack, or blend)

Produce

- 1 small onion (finely grated)
- ½ sweet yellow onion
- ½ onion or red onion (for optional topping)
- 3 cloves garlic + 2 additional cloves (5 total)
- 1 inch fresh ginger
- 2 medium zucchini
- 1 orange (for juice + zest)
- Cucumber
- Shredded cabbage or slaw mix
- Green onions
- Veggies for bowls: broccoli, snap peas, green beans, edamame, carrots (your choice)

Optional Toppings /

Condiments:

- Lettuce (shredded or leaves)
- Tomato slices
- Pickles
- Cheese slices (for burgers)
- Bacon
- Avocado (slices or mashed)
- Jalapeños (fresh or pickled)
- Grilled onions or red onions
- Sour cream or Greek yogurt
- Chopped cilantro
- Lime wedges
- Chili crisp or sriracha
- Sesame seeds