

# On the Menu

## Monday

### Crispy Beef Tacos

## Tuesday

### 5 Ingredient Chicken Parmesan

## Wednesday

### Chicken Club Sliders

## Thursday

### Orange Glazed Salmon

## Friday

### Pizza Pasta

## Saturday

## Sunday

# Grocery List

### Protein

- 1 lb ground lean beef or turkey
- 1 lb turkey sausage
- 1 package turkey pepperonis
- 1 lb salmon fillets (4 pieces)
- 1.5 lbs boneless, skinless chicken breasts (for sliders)
- 4 (6 oz) skinless, boneless chicken breast halves (for baked chicken)
- 6 slices bacon

### Dairy

- 1 cup shredded mozzarella cheese
- 6 slices cheddar or mozzarella cheese (for sliders)
- 1 cup shredded Italian-blend cheese

### Canned/Jarred

- 1 28 oz jar marinara sauce
- 1/2 cup salsa of choice
- 1/4 cup beef broth
- 1/4 cup avocado oil-based mayonnaise (for sliders)
- 1/3 cup avocado or olive oil-based mayonnaise (for baked chicken)
- 1 tablespoon yellow mustard
- 1 tablespoon white vinegar
- 2 tablespoons soy sauce
- 2 teaspoons olive oil
- 1 tablespoon olive oil or butter

### Condiments/Pantry Staples

- 2 tablespoons honey
- 1/4 cup honey
- 2 1/2 cups water
- 1 teaspoon cornstarch (optional)
- 1 teaspoon water (for cornstarch slurry)

### Produce

- 1 1/2 onions (1/2 for taco meat, 1 white onion for pasta, 1/2 red onion for sliders)
- 1 green bell pepper
- 4 oz mushrooms of choice
- 1 small orange (sliced)
- 1 large orange (for 1/2 cup juice)
- 2 cloves garlic (minced for salmon)
- 1 TBS minced garlic (for pasta)
- 1-2 tomatoes (thinly sliced)
- 1 pint cherry tomatoes
- Romaine lettuce (slider-sized leaves)
- Torn fresh basil leaves (optional)

### Grains & Bread

- 10 oz penne pasta
- 6 brioche slider buns
- 1 cup Italian-seasoned panko breadcrumbs

### Spices & Seasonings

- 2 1/2 tablespoons taco seasoning
- 1 tablespoon Italian seasoning or pizza seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika (optional)
- 1 1/4 teaspoon salt
- 1/4 teaspoon black pepper

