

On the Menu

Monday

Beef Taquitos

Tuesday

Chicken Parm Pasta

Wednesday

Crispy Air Fried Chicken Chunks

Thursday

Beef and Snap Pea Ramen

Friday

Cheddar Ranch Chicken Burgers

Saturday

Sunday

Grocery List

Protein

- 2 lbs ground chicken
- 2 lbs lean ground beef
- 1-1.5 lbs chicken tenders or boneless chicken breasts
- 4 Italian chicken sausages (12 oz, pre-cooked)

Produce

- 1 small yellow onion
- ½ white onion
- ½ green bell pepper
- 1 bell pepper (any color)
- 2-3 cloves garlic, minced
- ½ cup chopped mushrooms

Canned & Jarred

- 28 oz jar marinara sauce
- 14 oz can diced tomatoes (or 1 cup cherry tomatoes)
- 28 oz veggie broth
- ½ cup tomato sauce (or mild salsa)

Pantry & Dry Goods

- 12 small flour tortillas (or corn for GF)
- 10 oz dry pasta of choice
- 4 oz Japanese/ramen-style noodles
- 1 cup flour
- ½ cup plain breadcrumbs
- 1 cup panko breadcrumbs (or regular)
- Olive oil spray or avocado oil spray
- 2 tbsp olive oil
- Taco seasoning (at least 4 tbsp total)
- 1 tablespoon white vinegar (or lemon juice or ACV)
- 1 tablespoon Italian seasoning
- 1 oz ranch seasoning mix
- 3-4 tbsp coconut aminos or low-sodium soy sauce
- 2 tbsp Worcestershire sauce
- Salt & black pepper
- 1 tsp garlic powder
- 1 tsp paprika

Dairy

- 1½ cups shredded Mexican cheese (or cheddar/jack blend)
- ½ cup finely shredded cheddar cheese
- ½ cup mayonnaise
- ¼ cup Dijon mustard
- ¼ cup honey (plus more to taste)
- 1 tablespoon yellow mustard
- ½ cup freshly grated Parmesan cheese
- ¼ cup grated Parmesan cheese
- 2 eggs (or substitute ¼ cup mayo or Greek yogurt)

Frozen

- 16 oz frozen snap peas

Optional (Add Ins & Toppings)

- 2 tbsp chopped green chilies
- ¼ cup chopped cilantro
- Dash of hot sauce
- Frozen stir-fry veggies
- Buns
- Grilled onions
- Bacon
- Lettuce
- Tomatoes
- Ranch dressing
- Pickles

