

# On the Menu

## Monday

### Crispy Chicken Tacos

## Tuesday

### Air-Fried Chicken Chunks

## Wednesday

### Skillet Spaghetti & Garlic Bread

## Thursday

### Orange Chicken

## Friday

### Pizza!

## Saturday

## Sunday



# Grocery List

## Protein

- 3 lbs ground chicken
- 1-1.5 lbs chicken tenders or boneless chicken breasts
- 1 lb ground turkey
- Cooked sausage (for pizza - optional)
- Pepperoni (for pizza - optional)

## Pantry

- 2 TBS taco seasoning
- 2 tsp Italian seasoning
- Olive oil
- Olive oil spray or drizzle
- Sesame oil
- 1 cup pizza sauce (or marinara)
- 24 oz jar marinara sauce
- 15 oz can diced tomatoes
- 12 oz veggie broth
- ½ cup red enchilada sauce
- 2 tablespoons cornstarch
- 3 TBS coconut aminos or low sodium soy sauce
- 2 tablespoons rice wine vinegar (or white vinegar)
- ¾ cup orange juice (fresh or bottled, no added sugar)
- ½ cup coconut sugar
- 1 tablespoon white vinegar (or lemon juice or ACV)

## Breads & Grains

- Street taco size tortillas (flour or corn)
- 8 oz whole wheat dry spaghetti
- 1 loaf French bread

## Optional

- Sweet potato fries (Tuesday side)
- Roasted broccoli (Tuesday side)
- Garlic bread (Wednesday side)
- Sriracha or chili crisp (Thursday, optional toppings)
- Extra veggies for pizza night (olives, mushrooms, spinach, etc.)

## Dairy

- 2 eggs
- ½ cup mayonnaise
- ¼ cup Dijon mustard
- ¼ cup honey (plus more to taste)
- 1 tbsp yellow mustard
- ¼ cup grated Parmesan cheese
- ½ cup shredded mozzarella or Parmesan cheese
- 1½ cups shredded mozzarella (for pizza)
- 1 cup Mexican shredded cheese

## Produce

- 2 medium white or yellow onions
- ½ medium sweet onion
- 1 green bell pepper
- 2 cloves garlic (for tacos)
- 2 cloves garlic (for orange chicken)
- 2 cloves garlic (for spaghetti)
- 2 TBS ginger root (fresh or frozen)
- 4 green onions
- Zest of 1 orange
- 1 orange (for juicing/zest)
- Bell peppers (for pizza toppings - any color)
- Mushrooms (pizza topping - optional)
- Spinach (pizza topping - optional)

## Spices & Seasonings

- Garlic powder
- Paprika
- Onion powder
- Salt
- Pepper
- Italian seasoning
- Optional: Italian seasoning or dried oregano (for pizza topping)