

On the Menu

Monday

Shredded Beef Tacos

Tuesday

Chicken Parmesan Meatballs

Wednesday

Baked Chicken Bites

Thursday

Beef & Garlic Noodles

Friday

Sheet Pan Quesadillas

Saturday

Sunday

Grocery List

Protein

- 3 lb chuck roast
- 1 lb ground chicken
- 1 lb lean ground beef
- 2 lbs boneless skinless chicken breast tenderloins
- 2 cups diced/shredded rotisserie chicken (about 1 small chicken)

Produce

- 7 cloves garlic, minced (5 + 1 + 2 from different recipes)
- 1 shallot, diced
- 2 medium onions, diced/sliced (1 + ½ + ½)
- 1 yellow bell pepper
- 3 red bell peppers (1 + 2 for burrito recipe)
- 2 green onions (use entire stalks)
- 2 cups broccoli florets
- 4 medium russet potatoes
- Juice from 2 oranges (or 2 oranges)
- 2 tbsp lime juice (or 1-2 limes)

Sauces & Oils

- Olive oil (multiple recipes – total about 8-10 tbsp)
- 3 tbsp low-sodium soy sauce
- 2 tbsp balsamic vinegar
- 2 tbsp ketchup
- 4 tsp honey (plus 2 tsp from beef noodle recipe)

Frozen

- 1-2 bags frozen green beans

Dairy

- 1 egg, whisked
- 1 cup grated Parmesan cheese (½ cup + ½ cup from two recipes)
- 2 cups Mexican blend shredded cheese

Canned

- 14 oz can crushed tomatoes
- 1 × 28 oz jar San Marzano tomatoes (or diced tomatoes)
- 1 × 24 oz jar marinara sauce
- 1 can refried beans

Grains, Pasta & Bread

- 8 oz brown rice noodles
- 8 large burrito-size tortillas (whole grain recommended)
- ½ cup Italian breadcrumbs

Spices

- 1 ½ tbsp chili powder
- 2 tbsp paprika (1 tbsp + 1 tsp + ½ tsp + ½ tsp from different recipes)
- 1 tbsp dried oregano
- 1 tsp allspice powder
- 1 tsp cumin
- 2 tsp onion powder (plus ½ tsp from another recipe)
- 1 tsp dried thyme
- 2 tbsp taco seasoning
- 1 tbsp Italian seasoning
- Zest of ½ lemon
- Salt and pepper (multiple uses)
- ¼ tsp black pepper (plus additional from other recipes)
- 1-2 tsp garlic powder (plus ½ tsp in other recipes)

Don't Forget

- Any toppings you want for your shredded beef tacos!

