

# On the Menu

Monday

Taco Skillet

Tuesday

Mushroom, Zucchini &  
Sausage Pesto  
Pappardelle Pasta

Wednesday

Ranch Seared Chicken

Thursday

Ground Chicken  
Wonton Tacos

Friday

Pulled Pork BBQ  
Sandwiches

Saturday

Sunday

# Grocery List

## Produce

- 2½ medium onions (1 extra large, 1 small, ½ medium)
- 9 cloves garlic (2 crushed, 6 minced, 1 grated)
- 3 medium zucchini (1 diced small, 2 cut into half moons)
- 1 cup Baby Bella mushrooms, sliced
- 3 tbsp fresh chives, finely chopped
- 3 tbsp fresh dill or parsley, finely chopped (or ½ tsp dried)
- Juice from 2 lemons (2 tbsp juice + ½ tsp zest)
- 4 green onions, thinly sliced
- Fresh cilantro, chopped
- 1 tsp fresh ginger, minced
- 1 (14 oz) bag coleslaw mix

## Dairy

- 1 cup shredded cheddar or Mexican blend cheese
- ½ cup finely shredded parmesan cheese
- ¾ cup plain Greek yogurt
- ¼ cup mayonnaise

## Grains

- 8 hamburger buns, split
- 16 wonton wrappers

## Protein

- 1 (4 lb) pork shoulder roast
- 1 lb lean ground beef or turkey
- 12 oz sweet Italian chicken sausages
- 1½ lbs boneless, skinless chicken breasts or thighs
- 1 lb ground chicken

## Pantry

- 3 tsp + 3 tbsp olive oil (about ¼ cup total)
- 1 cup barbeque sauce
- ½ cup apple cider vinegar + ½ cup chicken broth
- ¼ cup light brown sugar
- 1 tbsp prepared yellow mustard
- 1 tbsp paprika
- ½ tsp dried thyme
- 1¾ tbsp garlic powder (1 tbsp + ¾ tsp)
- 1 tbsp chili powder
- 2 tbsp taco seasoning
- 1 (10 oz) can diced tomatoes with green chilies
- 1 (15 oz) can pinto beans, drained and rinsed
- 1½ cups cooked rice (white or brown)
- 8 oz pappardelle pasta
- 2 tbsp pesto
- Kosher salt and black pepper, to taste
- 2 tbsp hoisin sauce
- 2 tbsp sesame oil
- 3 tbsp soy sauce (1 tbsp + 2 tsp)
- 1 tbsp rice vinegar + ¼ cup rice vinegar (total 5 tbsp)
- 1 tbsp honey + ¼ cup honey (total 5 tbsp)
- Sesame seeds, for garnish
- ½ to 1 tsp red pepper flakes
- 1 tbsp cornstarch

