

On the Menu

Monday

Pineapple Chicken Tacos

Tuesday

Skillet Pancetta Chicken

Wednesday

Cheddar Ranch Chicken Burgers

Thursday

Rotisserie Chicken Fried Rice

Friday

Grilled Hawaiian Chicken Bowls

Saturday

Sunday

Grocery List

Protein

- 6 lbs boneless, skinless chicken breasts or thighs (can mix as needed)
- 2 cups rotisserie chicken (shredded or diced)
- 2 lbs ground chicken
- 4 oz pancetta, diced
- 3 eggs

Pantry

- BBQ sauce (½ cup)
- Soy sauce or coconut aminos (5 TBS total)
- Olive oil (at least 5 TBS total for cooking + recipes)
- Sesame oil (optional, use instead of olive oil in fried rice)
- 1 (14-15 oz) can crushed or whole peeled tomatoes

Grains & Breads

- 3-4 cups cooked brown or jasmine rice (microwaveable or prepped ahead)
- ½ cup plain bread crumbs
- 8 small corn or flour tortillas
- Optional: crusty bread or pasta (for tomato basil chicken)

Spices & Seasonings

- Garlic powder (1½ tsp total)
- Onion powder (½ tsp)
- Ground cumin (1 tsp)
- Smoked paprika (1 to 1½ tsp, depending on use)
- Chili powder (½ to 1 tsp)
- Red pepper flakes (¼ tsp, optional)
- Salt and pepper
- Ranch seasoning mix (1 oz packet)
- Black pepper (¼ tsp)

Produce

- 1 red bell pepper
- 1 pineapple (plus 1 cup pineapple chunks if using fresh)
- 1 medium white onion
- ½ cup red onion (finely chopped)
- 1 (20 oz) bag frozen peas and carrots
- 3 garlic cloves (minced)
- 3 garlic cloves (thinly sliced)
- 1 sprig fresh basil or 1 tbsp chopped basil (plus extra for garnish)
- 2 green onions (plus extra for garnish)
- ½ cup fresh cilantro (chopped, plus more for garnish)
- 1 avocado
- 1 jalapeño (optional)
- 1 lime (plus extra wedges for garnish)

Dairy

- ½ cup finely shredded cheddar cheese
- 6-8 oz fresh mozzarella or bocconcini

Optional Toppings/Other

- Buns
- Grilled onions
- Bacon
- Lettuce
- Tomatoes
- Ranch dressing
- Pickles
- Lime wedges (if not already included)
- Extra fresh cilantro or green onions for garnish

