

On the Menu

Monday

Cheesy Chicken Enchiladas

Tuesday

Creamy Sausage Rigatoni

Wednesday

Wild Rice, Butternut Squash, & Broccoli Casserole

Thursday

Beef and Broccoli

Friday

Flatbread Pizzas

Saturday

Sunday

Grocery List

Protein

- 4 cups rotisserie chicken (diced/shredded)
- 16 oz ground sweet Italian chicken sausage (or pork)
- 1 lb flank steak or thinly sliced ribeye

Dairy

- 3 cups plain Greek yogurt
- 1 ½ cups Mexican blend cheese
- 1 cup finely shredded parmesan cheese

Pantry

- 8 whole grain tortillas
- ½ can refried beans
- 1 cup salsa
- 2 TBS taco seasoning
- 4 TBS flour
- 4 ½ cups chicken broth
- 1 can Rotel (10 oz, diced tomatoes w/ green chilies)
- 1 (15 oz) can diced tomatoes
- 2 (8.8 oz) bags wild long grain rice mix
- 8 oz rigatoni (uncooked)
- 6 Tbsp coconut aminos (or soy sauce substitute)
- 3 Tbsp coconut sugar
- 1 ½ Tbsp cornstarch (or arrowroot starch)
- 1 ½ TBS Worcestershire sauce
- 2 tsp sesame seeds (optional)
- Naan bread (full size + minis)

Produce

- 4 cloves garlic + 4 cloves garlic (minced) + 2 cloves garlic (minced) → 10 cloves garlic total
- 6 oz fresh spinach
- 10 oz steamable butternut squash
- 1 (10 oz) bag frozen broccoli
- 1 lb (16 oz) precut broccoli florets
- 1 tsp fresh ginger, grated
- Optional: onions, mushrooms, bell peppers (for pizza toppings)

Seasonings & Oils

- 9 TBS olive oil (total across recipes)
- ½ tsp dried thyme
- 1 tsp parsley
- 1 tsp Italian seasoning
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp black pepper
- 2 Tbsp sesame oil

Pizza Toppings

- Shredded mozzarella, cheddar, parmesan
- Marinara sauce
- Pesto
- BBQ sauce
- Turkey pepperonis
- Roasted red bell peppers (from jar)
- Optional: onions, mushrooms, bell peppers (leftover grilled veggies)