

On the Menu

Monday

Shredded Beef Tacos

Tuesday

Skillet Pancetta Chicken

Wednesday

Healthier Goulash

Thursday

Chicken & Veggie Stir Fry

Friday

Chili with Cheesy Cornflake Topping

Saturday

Sunday

Grocery List

Protein

- 3 lb chuck roast
- 3 lb boneless, skinless chicken (thighs and breasts combined)
- 3 lb lean ground beef (or turkey substitute if preferred)
- 4 oz pancetta, diced

Canned Goods

- 1 (14 oz) can crushed tomatoes
- 1 (14-15 oz) can crushed or whole peeled tomatoes
- 3 (15 oz) cans tomato sauce
- 1 (8 oz) can tomato sauce
- 2 (15 oz) cans petite diced tomatoes
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can red kidney beans, drained & rinsed
- 1 (15 oz) can pinto beans, drained & rinsed

Spices & Seasonings

- 4 Tbsp chili powder
- 2 Tbsp paprika
- 1 Tbsp + 1 tsp dried oregano
- 1 tsp allspice powder
- 2 Tbsp + 1 tsp ground cumin
- 2 Tbsp Italian seasoning
- 1 tsp seasoned salt
- ¼ tsp red pepper flakes (optional)
- 1 Tbsp garlic powder
- Salt and pepper (to taste, multiple recipes)
- 2 tsp onion powder

Produce

- 6 medium onions (yellow/white, diced or sliced)
- 2 green bell peppers, diced
- 1 red bell pepper, strips
- 3 large carrots
- 1 zucchini, cut into matchsticks
- ½ bushel asparagus (≈1 cup, cut into 2-inch pieces)
- Fresh basil (about 2 Tbsp chopped or 1 sprig + garnish)
- 10 cloves garlic (minced or sliced)
- 2 oranges (for juice)
- 1 lime (for 2 Tbsp juice)

Pantry

- 2 cups macaroni noodles (dry)
- 2 cups cornflakes
- Olive oil (about 6 Tbsp total)
- 5 cups beef broth (low sodium)
- ¼ cup chicken broth
- ¼ cup low sodium soy sauce or coconut aminos
- 1 Tbsp rice vinegar (or white vinegar)
- 2 Tbsp Worcestershire sauce
- 2 Tbsp honey

Dairy

- 6-8 oz fresh mozzarella or bocconcini
- 1½ cups shredded cheddar cheese (½ cup light + 1 cup regular)

Optional Toppings

- Don't forget whatever toppings you want for shredded tacos!

