

# On the Menu

Monday

## Chicken and Bean Tostadas

Tuesday

## 5 Ingredient Chicken Parmesan

Wednesday

## Chicken Ramen

Thursday

## Crispy Honey Garlic Chicken

Friday

## Baked Potato Board

Saturday

Sunday

# Grocery List

## Protein

- 1 rotisserie chicken (shredded)
- 4 (6 oz) boneless, skinless chicken breast halves ( $\approx 1\frac{1}{2}$  lb)
- 2 lb ground chicken
- $1\frac{1}{2}$  lb chicken breast

## Canned Goods

- 1 can refried beans
- 3 cups chicken broth

## Oils, Vinegars, Condiments

- $\frac{1}{3}$  cup avocado oil or olive oil mayonnaise
- 3 Tbsp olive oil (2 Tbsp + 2 tsp)
- $\frac{1}{2}$  cup honey
- Lime (for juice/squeeze)
- $\frac{1}{2}$  cup coconut aminos OR soy sauce

## Seasonings

- 1 tsp paprika
- $\frac{1}{2}$  tsp onion powder
- $\frac{1}{2}$  tsp garlic powder
- 1 tsp salt and pepper (to taste)

## Optional Toppings

- Fresh pico de gallo or salsa
- Shredded lettuce
- Avocado slices
- Jalapeños
- Chopped cilantro
- Torn fresh basil leaves
- Leftover grilled chicken (for potatoes)
- Leftover andouille chicken sausage (for potatoes)
- Bacon bits (for potatoes)

## Veggies

- 1 pint cherry tomatoes
- 1 medium white onion, sliced
- 7 cloves garlic (3 + 4 combined)
- 1 red bell pepper
- 5 oz shredded carrots ( $\frac{1}{2}$  bag)
- 10 oz shredded cabbage (1 bag)
- 2 bunches green onions (1 for ramen + 1 for potato topping)
- 3-4 sprigs fresh thyme
- Potatoes (1 per person)

## Grains

- Tostada shells
- 1 cup Italian-seasoned panko breadcrumbs
- 8 oz ramen noodles
- 4 cups cornflakes

## Dairy

- 1-2 cups shredded cheese (cheddar, Monterey jack, or blend)
- 1 cup shredded Italian-blend cheese
- $\frac{1}{4}$  cup grated parmesan cheese
- $\frac{1}{2}$ -1 cup cheddar cheese (for potatoes)
- 1 cup sour cream or Greek yogurt
- 2 eggs, well beaten

