

On the Menu

Monday

Chicken Chimichangas

Tuesday

Skillet Lasagna

Wednesday

Skillet Apple Cider Chicken

Thursday

Orange Beef Bowl

Friday

Crockpot Chicken Pot Pie

Saturday

Sunday

Grocery List

Protein

- 3½ cups cooked, shredded rotisserie chicken (2 + 1½ lb)
- 1 lb lean ground beef or turkey
- 2 lbs boneless, skinless chicken breasts (≈3-4, pounded)
- 1 lb flank steak or sirloin, thinly sliced
- 1½ lb chicken breast tenderloins, cubed

Fruit

- Juice & zest of 1 orange
- ½ cup fresh orange juice (in addition to above, total = 1 orange + ½ cup juice)
- Lime wedges (optional, toppings)

Pantry

- ½ cup salsa + ½ cup (optional topping)
- ¼ cup diced green chilies
- 1 (24 oz) jar marinara sauce
- 1 (15 oz) can diced tomatoes
- 2 cups all-purpose flour
- 2 Tbsp cornstarch + 1 Tbsp cornstarch (3 Tbsp total)

Oils, Vinegars, Condiments

- 3½ Tbsp olive oil (1½ + 2)
- 3 Tbsp unsalted butter (plus 1 Tbsp for chicken = 4 Tbsp total)
- ½ cup low-sodium chicken broth + 2 cups chicken stock = 2½ cups total
- 12 oz veggie broth
- ¾ cup apple cider
- 1½ tsp Dijon mustard
- ½ cup low-sodium soy sauce
- ¼ cup rice vinegar
- ½ cup honey + 2 Tbsp coconut sugar (or more honey)

Dairy

- 1 cup shredded Monterey Jack cheese
- 1¼ cups shredded cheddar cheese (1 + ¼)
- ¼ cup mozzarella cheese
- ¼ cup shredded parmesan cheese
- 8 oz ricotta cheese
- 2 eggs (for coating)

Veggies

- 3 medium onions (½ diced + 1 thinly sliced + 1 diced)
- 1 red bell pepper, diced
- 1 zucchini, diced
- 3 cups carrots (1 cup grated + 2 cups frozen peas/carrots mix)
- 2 stalks celery, diced
- 2 apples, thinly sliced
- 3 cups frozen peas/carrots mixture (already counted above)
- 3 cloves garlic, minced (x3 recipes = 8 cloves total)
- 1 inch fresh ginger, grated
- Fresh rosemary, finely chopped (1½ tsp)
- Fresh thyme (1 tsp leaves OR ½ tsp dried, plus ½ tsp dried thyme in another recipe)
- 2 Tbsp chopped fresh parsley
- 1 lb red or yellow potatoes, dice

Grains, Pastas, Breads

- 6 large flour tortillas
- 8-10 oz whole grain reginetti pasta
- Cooked rice or rice noodles (2-3 cups, to serve with steak dish)
- 1 (16 oz) tube refrigerated buttermilk biscuits
- Cooking spray or melted butter (for quesadillas)

Seasonings/Spices

- 3 tsp onion powder
- 2½ tsp garlic powder
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp smoked paprika + pinch paprika (≈1¼ tsp total)
- ½ tsp dried basil
- ¼ tsp dried oregano
- 1½ tsp fresh rosemary (or ≈½ tsp dried)
- 1 tsp fresh thyme leaves OR 1 tsp dried thyme (from 2 recipes)
- ½ tsp white pepper (or black pepper)
- Salt and black pepper, to taste

Optional

- Sour cream
- Guacamole
- Extra salsa
- Green onions (for rice bowls, optional)
- Sesame seeds (optional, for rice bowls)
- Sliced cucumber
- Shredded cabbage or slaw mix
- Chili crisp, sriracha, or lime wedges