

On the Menu

Monday

Sheet Pan Sausage & Veggies

Tuesday

Almond Crusted Rosemary Salmon

Wednesday

Honey Garlic Pork Tenderloin

Thursday

Fusilli Alfredo Bake

Friday

Mini Crispy Chicken Tacos

Saturday

Sunday

Grocery List

Produce

- 2 lbs baby red or Yukon gold potatoes, halved
- 2 corn on the cob, husk on
- 1 red bell pepper, diced
- 2 green bell peppers, diced
- 1 orange bell pepper, diced
- 1 lemon (juice from ½ lemon)
- 1 TBS chopped fresh rosemary (or 1 tsp dried)
- 1 bag broccoli florets (fresh or frozen, ~16 oz)
- 1 10 oz bag frozen broccoli
- ½ medium sweet onion, diced
- 6 cloves garlic, minced
- 2 cups chopped rotisserie chicken (precooked, but fresh produce section if buying whole)
- Green onion, thinly sliced (for garnish)

Grains

- 8 oz dry fusilli pasta
- Street taco size tortillas (flour or corn)

Dairy

- ½ cup shredded parmesan cheese (additional, separate from coating mix)
- Fresh parmesan cheese (for sprinkling, optional)
- 1 cup Mexican shredded cheese

Protein

- 2 (13 oz) packages sausage of choice (chicken or turkey recommended)
- 4 salmon fillets (6-8 oz each)
- 2 (1 lb) boneless pork loin roasts
- 1 lb ground chicken

Pantry

- 1 teaspoon cumin
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1½ teaspoons kosher/coarse salt
- 1 teaspoon pepper
- 3 tablespoons Dijon mustard
- ½ cup panko bread crumbs
- 2 TBS almond flour
- 2/3 cup finely grated parmesan cheese (for coating)
- ½ cup honey + 2 TBS honey (total ~½ cup + 2 TBS)
- 3 TBS soy sauce (or coconut aminos)
- 1 TBS dried basil
- 1 TBS dried oregano
- 1 tsp dried thyme
- 1 (15 oz) can alfredo sauce
- 1 cup roasted red bell peppers (from jar)
- 2 cups chicken broth
- 2 TBS taco seasoning
- 1 cup red enchilada sauce
- 5 TBS + 2 TBS olive oil (total 7 TBS, divided use)

