

On the Menu

Monday

Pot Roast

Tuesday

Marry Me Chicken Meatballs

Wednesday

Sausage & Apple Stuffing with Acorn Squash

Thursday

Honey BBQ Salmon w/ Sweet Potato & Broccoli

Friday

Chicken Parm Pasta

Saturday

Sunday

Grocery List

Pantry

- 8 TBS olive oil
- 3 TBS all-purpose flour
- 2 TBS apple cider vinegar
- 2 TBS tomato paste
- 1 TBS dijon mustard
- 1 cup beef broth
- 2 TBS coconut sugar (or sub brown sugar)
- 1 cup chicken stock/broth
- 1 cup panko breadcrumbs
- ½ cup BBQ sauce (Primal low sugar option recommended)
- Honey
- 10 oz dry pasta of choice
- 28 oz jar marinara sauce
- 14 oz can diced tomatoes or 1 cup cherry tomatoes
- 28 oz veggie broth

Produce

- 6 cloves garlic, minced
- 1 large yellow onion, cut into slices
- 1 small onion, finely chopped
- 1 bell pepper (any color)
- 4 large carrots, cut into 2-inch pieces
- 6 stalks of celery, 2 finely chopped, 4 cut into 2- inch pieces
- 1.5 lbs yellow potatoes, quartered
- 2 large sweet potatoes, cubed
- 1 lb broccoli florets
- 1 apple, diced (Honeycrisp suggested)
- Juice from half a lemon
- Fresh basil (for serving)
- 2 large acorn squash
- 3-4 sprigs fresh thyme

Protein

- 3-4 lb chuck roast
- 1 lb ground chicken (sweet Italian from Sprouts suggested)
- 1 lb ground Italian chicken sausage (or pork sausage)
- 1-1.5 lb salmon, cut into servings
- 4 Italian chicken sausages (12 oz, precooked)

Seasonings/Spices

- 1 ½ tsp black pepper
- 2 tsp salt
- 2 tsp garlic powder
- 1 ½ tsp onion powder
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp Italian seasoning
- ½ tsp oregano
- ½ tsp dried thyme
- ½ tsp dried sage
- 2 bay leaves

Produce

- 6 cloves garlic, minced
- 1 large yellow onion, cut into slices
- 1 small onion, finely chopped
- 1 bell pepper (any color)
- 4 large carrots, cut into 2-inch pieces
- 6 stalks of celery, 2 finely chopped, 4 cut into 2- inch pieces
- 1.5 lbs yellow potatoes, quartered
- 2 large sweet potatoes, cubed
- 1 lb broccoli florets
- 1 apple, diced (Honeycrisp suggested)
- Juice from half a lemon
- Fresh basil (for serving)
- 2 large acorn squash
- 3-4 sprigs fresh thyme

Dairy

- 2 1/2 cups finely grated parmesan cheese
- ½ cup plain Greek yogurt
- 1 egg

