

On the Menu

Monday

Sheet Pan Chicken Fajitas

Tuesday

Marry Me Chicken Pasta

Wednesday

Southwestern Egg Rolls

Thursday

Korean Beef Noodle Bowls

Friday

Chicken and Noodles

Saturday

Sunday

Grocery List

Protein

- 1½ lbs boneless, skinless chicken thighs (or breasts)
- 1 whole chicken
- 1 lb lean ground beef
- 12 oz sweet Italian chicken sausages
- 1 cup rotisserie chicken, shredded

Dairy

- ½ cup plain Greek yogurt
- ½ cup finely grated Parmesan cheese
- 1 cup cream of chicken soup (technically pantry but refrigerated dairy-adjacent)
- Sour cream (optional topping)
- Shredded cheese (Monterey Jack or mixed, optional topping)

Grains & Pasta

- 12 oz pasta of choice
- 8 oz noodles (ramen, rice, udon, or spaghetti)
- 8 oz dry wide egg noodles
- 6-8 egg roll wrappers
- Warm flour or corn tortillas

Pantry

- 4 cups chicken broth + 3 cups chicken broth (7 cups total)
- 2 tablespoons avocado oil + 3 tablespoons olive oil + olive oil spray (≈ 5 tbsp total oil, use as needed)
- ½ cup sun-dried tomatoes
- ½ cup black beans, rinsed and drained
- ½ cup corn (fresh or frozen)
- ¼ cup low-sodium soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons coconut sugar or honey
- 1 tablespoon rice vinegar
- 1 tablespoon hoisin sauce (optional)
- ½ teaspoon cornstarch
- 1 tablespoon water

Produce

- 4 large carrots
- 4 sticks celery
- 1 large white onion
- 1 red onion
- 4 cloves + 4 cloves garlic (8 total cloves), minced
- 3 bell peppers (any color) + 1 red bell pepper (total 4 bell peppers)
- 1½ cups shredded carrots
- 1½ cups shredded cabbage or slaw mix
- 2 green onions
- 2-3 sprigs rosemary
- 1 lime + juice of 1 lime (2 total limes)
- Fresh cilantro, chopped
- 1 teaspoon grated fresh ginger

Spices & Seasonings

- 2 tsp cumin (1 tsp + ½ tsp + ½ tsp)
- 1 tsp paprika
- ½ tsp chili powder
- 1 tsp garlic powder (½ tsp + ½ tsp)
- ½ tsp onion powder
- ¼ tsp dried oregano
- ¼ tsp dried thyme
- ¼ tsp black pepper + to taste
- Salt (to taste)
- ½ teaspoon red pepper flakes (optional)

Frozen

- Corn (if buying frozen instead of fresh)

Optional (Toppings)

- Guacamole
- Sour cream
- Salsa
- Shredded cheese (Monterey Jack or other)
- Sliced green onions
- Sesame seeds
- Lime wedges

