

On the Menu

Monday

Taco Skillet

Tuesday

Creamy Butternut Squash Pasta

Wednesday

Skillet Chicken Pot Pie

Thursday

Sheet Pan Honey BBQ Salmon

Friday

Crockpot Chili & Cornbread

Saturday

Sunday

Grocery List

Protein

- 1 lb lean ground beef (or turkey) + 1 lb lean ground beef/turkey (total 2 lbs ground meat, choose beef or turkey)
- 4 Sweet Italian chicken sausage links (precooked)
- 3 cups diced rotisserie chicken
- 1-1.5 lbs salmon fillets, cut into servings

Dairy

- 1 cup Greek Yogurt
- 1 cup Parmesan cheese
- 1½ cups total shredded cheese
- 1 can of biscuits (8 count, e.g., Annie's brand)

Spices & Seasonings

- 2 tablespoons taco seasoning
- 2½ tablespoons chili powder
- 2 tablespoons ground cumin
- 1 teaspoon oregano
- 1 teaspoon paprika
- ½ teaspoon dried thyme
- ¼ teaspoon dried sage
- 1 teaspoon kosher salt + 1½ teaspoons salt + to taste
- ½ teaspoon black pepper + to taste
- Garlic powder
- Paprika

Frozen

- 10 oz bag frozen butternut squash
- 1 cup frozen peas
- 1 cup frozen carrots

Produce

- 2 small/medium yellow onions (diced)
- 2 cloves + 4 cloves + 2 cloves garlic (8 total cloves), minced
- 1 medium zucchini, diced small
- 2 celery stalks, diced
- 1 large carrot, diced small
- 1 green bell pepper, diced
- 2 large sweet potatoes, cubed
- 1 lb broccoli florets
- Juice from ½ lemon
- Chopped cilantro (optional topping)
- 1 avocado, diced (optional topping)

Grains & Pasta

- 1½ cups cooked rice (white or brown)
- 8 oz farfalle pasta
- 1 box Jiffy corn bread mix

Pantry

- 10 oz can diced tomatoes with green chilies (like Rotel)
- 2 cans total pinto beans
- 15 oz can red kidney beans, drained and rinsed
- 10 oz can diced tomatoes (no chilies)
- 8 oz can tomato sauce
- ½ cup BBQ sauce (more if needed)
- Honey (small amount for salmon glaze)
- 10 tablespoons total flour (~¾ cup)
- 2 cups beef broth
- 4 cups total
- ~9 tablespoons total olive oil (~½ cup)