

On the Menu

Monday

Philly Cheesesteak Skillet

Tuesday

Green Chili Chicken Enchiladas

Wednesday

Cowboy Casserole

Thursday

BBQ Pulled Pork Sandwiches

Friday

Pizza Quesadillas

Saturday

Sunday

Grocery List

Protein

- 1-1½ lbs thinly sliced sirloin
- 1 rotisserie chicken, shredded
- 1 lb lean grass-fed ground beef
- 1 (4 lb) pork shoulder roast

Dairy

- 1 cup shredded mozzarella cheese + additional for pizza quesadillas (≈2 cups total)
- 1 cup shredded Mexican cheese
- 1 cup low-fat shredded cheddar cheese
- ½ cup plain low-fat Greek yogurt + extra for topping (≈1 cup total)
- ½ cup milk of choice
- Grated Parmesan cheese (for pizza quesadillas)

Grains/Breads

- 8 whole-grain or gluten-free tortillas + additional tortillas for pizza quesadillas (≈12 total)
- 8 hamburger buns, split

Pantry

- 1 (4 oz) can green chiles
- 1 (10-12 oz) can green enchilada sauce + additional for chili lime sauce (≈15 oz total)
- 1 (10.75 oz) can cream of mushroom soup (sodium free)
- 1 (14.5 oz) can diced tomatoes with green chilies
- 1 (15 oz) can kidney beans, drained and rinsed
- 1 cup frozen corn
- 1 cup BBQ sauce
- 1 cup chicken broth (½ cup + ½ cup)
- Pizza sauce (for pizza quesadillas)
- ~5 tablespoons olive oil (1 TBS + 3 TBS + 1 tsp + 1 TBS combined)

Optional Pizza Toppings

- Chopped pepperoni
- Chopped Sweet Italian chicken sausages
- Veggies of choice (e.g., mushrooms, spinach, bell peppers, onions)

Produce

- 1½ bags (20 oz each) frozen peppers and onions or 1 red bell pepper, 1 green bell pepper, 1 sweet onion
- 1 medium onion + 1 extra-large onion (2 total onions)
- 9 total cloves garlic (minced or crushed)
- 4 cups diced potatoes (~1.5 lbs, russet works well)
- ½ lime, juiced + additional limes (for topping)
- ¼ cup + additional cilantro (for sauce and topping)
- 1 avocado (optional topping)
- Chopped green onions (optional topping)

Seasonings/Spices

- 2 tablespoons Worcestershire sauce
- 2 tablespoons chili powder (1 tsp + 1 Tbsp + 1 Tbsp total)
- 2 tablespoons paprika (1 tsp + 1 Tbsp total)
- 1 tablespoon low-sodium soy sauce
- ~¾ cup apple cider vinegar (1 Tbsp + ½ cup)
- 1 tablespoon dried thyme
- 1 tablespoon garlic powder
- 1 tablespoon yellow mustard
- ¼ cup light brown sugar
- Salt and pepper to taste

Frozen

- 1½ bags frozen peppers and onions (if not using fresh)
- 1 cup frozen corn

Optional Enchilada Toppings

- Cilantro
- Limes
- Avocado
- Plain Greek yogurt (sour cream substitute)
- Chopped green onions