

On the Menu

Monday

Easy Beef Taquitos

Tuesday

Chicken Sausage, Zucchini, & Orzo

Wednesday

Almond Crusted Rosemary Salmon

Thursday

Egg Roll in a Bowl

Friday

Sheet Pan Quesadillas

Saturday

Sunday

Grocery List

Protein

- 1 lb ground beef
- 13 oz package sweet Italian chicken sausage
- 4 (6-8 oz) salmon fillets
- 1 lb ground chicken or pork
- 2 cups diced or shredded rotisserie chicken

Dairy

- 1½ cups shredded Mexican cheese + 2 cups Mexican blend cheese = 3½ cups total shredded cheese
- ¾ cup grated Parmesan cheese
- 1 egg

Grains

- 12 small flour tortillas + 8 large burrito-size tortillas (≈20 tortillas total, mix of small and large)
- 1½ cups dried orzo
- ½ cup panko bread crumbs
- Brown rice or veggie spring rolls (optional side, Royal Asia brand recommended)

Pantry

- ½ cup tomato sauce (or mild salsa)
- 3 cups chicken or vegetable broth
- 1 can refried beans
- 2 tbsp olive oil + 2 tbsp + 1 tbsp + 1 tbsp = ~6 tbsp total olive oil (~⅓ cup)
- 2 tbsp almond flour
- Taco seasoning (if using packet)
- Dash of hot sauce (optional add-in)

Frozen

- Brown rice or veggie spring rolls (if frozen, e.g., Royal Asia brand from Costco)

Produce

- 2½ medium onions total
- 3½ bell peppers total
- 2 medium zucchini, diced
- 9 cloves garlic, minced
- 1 cup grated carrots (or 1 store-bought bag)
- 1 (12 oz) bag coleslaw mix (white and purple cabbage combo)
- 2 green onions, chopped
- Juice from ½ lemon
- 1 tablespoon chopped fresh rosemary (or 1 tsp dried rosemary)
- ¼ cup chopped cilantro (optional)
- Avocado oil spray or olive oil spray

Seasonings & Spices

- 3 tbsp taco seasoning
- ½ tsp + ¼ tsp + dash black pepper (≈1 tsp total)
- Salt and pepper to taste
- 1 tsp paprika
- ½ tsp garlic powder
- 4 tsp Dijon mustard
- 2 tbsp honey
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- 3 tbsp low-sodium soy sauce (or coconut aminos)

Pantry

- ½ cup tomato sauce (or mild salsa)
- 3 cups chicken or vegetable broth
- 1 can refried beans
- 6 tbsp total olive oil (~⅓ cup)
- 2 tbsp almond flour
- Taco seasoning (if using packet)
- Dash of hot sauce (optional add-in)

Optional

- 2 tbsp chopped green chilies
- ¼ cup chopped cilantro
- Dash of hot sauce
- Additional lime wedges (optional for serving)