

On the Menu

Monday

Beef Stroganoff

Tuesday

Beef and Broccoli

Wednesday

Crockpot Chicken Pot Pie

Thursday

Sheet Pan Chicken Fajitas

Friday

Pan-Seared Ranch Chicken

Saturday

Sunday

Grocery List

Protein

- 1½ lbs boneless, skinless chicken breasts or thighs
- 1½ lbs boneless, skinless chicken thighs (or breasts), sliced
- 1.5 lbs chicken breast tenderloins, cubed
- 1 lb flank steak or thinly sliced ribeye
- 1 lb lean ground beef

Dairy

- Greek yogurt: 1¼ cups
- ¼ cup mayonnaise
- Shredded cheese (optional topping)
- Sour cream (optional topping)

Grains/Breads

- Warm flour or corn tortillas
- 1 pound egg noodles
- 1 16-ounce tube buttermilk biscuits (listed above)

Pantry/Canned Goods

- 28 oz jar marinara sauce
- 14 oz can diced tomatoes
- 3 cups chicken stock
- ½ cup hot water
- 6 Tbsp coconut aminos
- 3 Tbsp coconut sugar
- 1½ Tbsp cornstarch (or arrowroot)
- 3 tablespoons unsalted butter
- ¾ cup total flour
- 2 cups beef broth
- 2 cups milk
- 8 tablespoons total (½ cup) olive oil
- Avocado oil (optional sub)
- Sesame oil: 2 Tbsp

Optional

- Fresh cilantro
- Lime wedges
- Guacamole
- Sour cream
- Salsa
- Shredded cheese
- Fresh parsley

Produce

- 3 bell peppers, thinly sliced
- 1 red onion, thinly sliced
- 3 onions
- 7 cloves garlic
- Fresh cilantro, chopped
- Lime wedges + juice of 1 lime
- 2 stalks celery, diced
- 1 lb precut broccoli florets
- 1 tsp fresh ginger, grated
- 1 pound red or yellow potatoes, diced
- 3 tablespoons chopped fresh chives
- 3 tablespoons chopped fresh dill or parsley
- 2 tablespoons chopped fresh parsley (pot pie)
- Fresh parsley (optional for stroganoff)
- 2 cups frozen peas & carrots (pot pie)

Spices/Seasonings

- Kosher salt
- Black pepper
- 2¼ teaspoons garlic powder
- 1 teaspoon cumin
- 1¼ teaspoons paprika
- ½ teaspoon chili powder
- ½ teaspoon onion powder
- ½ teaspoon dried thyme
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- Optional: sesame seeds
- 2 teaspoons Worcestershire sauce

Sauces/Condiments

- Lemon juice (2 tbsp) + lemon zest (optional ½ tsp)
- 1 lime (for juice)
- Guacamole (optional)
- Salsa (optional topping)