

On the Menu

Monday

Beef Taquitos

Tuesday

Chicken Sausage,
Zucchini, & Orzo

Wednesday

Air Fryer Chicken
Breast

Thursday

Orange Chicken

Friday

Sheet Pan Nachos

Saturday

Sunday

Grocery List

Protein

- 1 lb ground beef
- 1 lb lean ground turkey (or beef/chicken)
- 13 oz sweet Italian chicken sausage
- 4 small chicken breasts
- 2 lb boneless, skinless chicken breast tenderloins

Dairy

- 3½ cups total shredded Mexican-style cheese
- ¾ cup grated Parmesan cheese
- Fresh Parmesan (optional topping)
- Cotija cheese

Spices & Seasonings

- Taco Seasoning - 4 tbsp
- Paprika - 1 tsp
- Onion powder - 1 tsp
- Garlic powder - 1 tsp
- Coarse salt - 1 tsp + additional salt to taste
- Black pepper - 1 tsp + additional to taste
- White pepper - ½ tsp

Optional Add Ons

- Chopped green chilies (2 tbsp)
- Fresh cilantro
- Hot sauce
- Fresh Parmesan
- Jalapeños
- Cotija cheese

Produce

- 1½-2 onions total
- 1½ bell peppers total
- 2 medium zucchini, diced
- 7 cloves garlic, minced
- 1-inch piece fresh ginger
- 1 orange (zest + juice)
- Shredded iceberg lettuce
- Jalapeños
- Fresh cilantro (¼ cup, optional)

Grain

- 12 small flour or corn tortillas
- 1½ cups dried orzo
- Tortilla chips (grain-free if desired, e.g., Siete)

Pantry

- ½ cup tomato sauce or mild salsa
- ½ cup favorite salsa
- ½ can refried beans
- 3 cups chicken or vegetable broth
- Soy sauce - ⅓ cup
- Rice wine vinegar - ¼ cup
- Honey - ½ cup
- Orange juice - ½ cup
- Coconut sugar - 2 tbsp
- Cornstarch or arrowroot starch - ~¼ cup total
- 7 tbsp olive oil total
- Avocado oil spray or olive oil spray
- Hot sauce (optional)

