

On the Menu

Monday

Oven Baked Tacos

Tuesday

Chicken Parmesan
Pasta

Wednesday

Beef Ragu

Thursday

Sesame Chicken

Friday

Pizza

Saturday

Sunday

Grocery List

Protein

- 1 lb ground beef (or turkey/chicken)
- 4 Italian chicken sausages (12 oz, pre-cooked)
- 2 lbs chuck roast
- 1.5 lbs boneless, skinless chicken breast or thighs (bite-sized pieces)

Dairy

- 2 cups shredded cheddar or Mexican blend cheese
- ½ cup freshly grated Parmesan cheese
- Sour cream (optional topping)

Grains & Pasta

- 10 small taco shells (flour or corn)
- 10 oz dry pasta of choice
- 8 oz pasta (tagliatelle, pappardelle, OR fettuccine – for chuck roast dish)
- Cooked rice (for honey chicken, amount as desired)

Pantry

- 5–6 tbs olive oil
- 2 tsp sesame oil
- ½–¾ cup mild salsa
- 28 oz jar marinara sauce
- 14 oz can diced tomatoes or 1 cup cherry tomatoes
- 28 oz veggie broth
- 1 can crushed tomatoes (28 oz)
- 2 cups beef broth
- 1 cup red wine
- ¼ cup low sodium soy sauce
- ¼ cup honey
- 2 tbs ketchup
- 2 tbs rice vinegar
- ½ cup cornstarch or arrowroot (plus 1 tbs extra for slurry)

Produce

- 2 onions
- 7 cloves of garlic
- 1 bell pepper (any color)
- ½ cup diced tomatoes (for taco topping)
- ½ cup diced red onion (taco topping)
- 2 medium carrots, peeled & diced
- 2 celery stalks, chopped
- Fresh cilantro (topping)
- 1 tsp grated fresh ginger (or ½ tsp ground)
- Green onions (optional topping)
- Shredded lettuce (taco topping)

Spices/Seasonings

- 1 packet mild taco seasoning
- Salt & pepper, to taste
- 1 tbs Italian seasoning
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp dried thyme leaves
- 1 tbs sesame seeds + extra for garnish

Frozen

- Steamed broccoli or snap peas (side)
- Your favorite frozen pizzas!

Optional Toppings

- Sour cream
- Guacamole
- Mild hot sauce
- Green onions
- Extra sesame seeds

