

# On the Menu

## Monday

### Oven Baked Tacos

## Tuesday

### Sheet Pan Chicken Parmesan Bites

## Wednesday

### Sweet & Sour Chicken

## Thursday

### Air-Fried Chicken Chunks

## Friday

### Honey Mustard Chicken BLT Sliders

## Saturday

## Sunday

# Grocery List

### Protein

- 1 lb ground beef (or ground turkey/chicken)
- 1½-2 lbs boneless, skinless chicken breasts or tenderloins (parm recipe)
- 2 lbs boneless, skinless chicken breast (pineapple recipe)
- 1-1.5 lbs chicken tenders or boneless chicken breasts (breaded recipe)
- 1.5 lbs boneless, skinless chicken breasts (slider recipe)
- 6 slices bacon
- 2 large eggs

### Dairy

- 2 cups shredded cheddar or Mexican blend cheese
- 1-1½ cups shredded mozzarella cheese
- ¾ cup Parmesan cheese
- 6 slices mild cheddar or mozzarella cheese

### Spices & Seasonings

- 1 packet mild taco seasoning
- 2½ tsp garlic powder
- ½ tsp Italian seasoning
- 2 tsp paprika
- 1 tsp onion powder
- ½ tsp + ¼ tsp salt
- ½ tsp + ¼ tsp black pepper

### Optional Toppings/Extras

- Sour cream
- Guacamole
- Mild hot sauce
- Extra Parmesan
- Fresh basil

### Produce

- 1 small onion, diced
- 1 medium sweet white onion (Vidalia), thinly sliced
- ½ red onion, thinly sliced
- ½ cup diced red onion
- 6 cloves garlic, minced
- 1 red bell pepper, cut into chunks
- 1 green bell pepper, cut into chunks
- 1-2 tomatoes, thinly sliced
- 1 cup shredded lettuce
- Romaine lettuce, torn (slider size)
- ¼ cup chopped fresh cilantro
- Fresh basil, optional
- Roasted zucchini, optional

### Grains & Pasta

- 10 small taco shells (flour or corn)
- 6 brioche slider buns
- 1 lb box penne or spaghetti noodles
- 2 cups panko breadcrumbs

### Pantry

- 6 tbsp olive oil
- ½-¾ cup mild salsa
- ¾-1 cup marinara sauce
- 1 cup mayonnaise
- 1½ cups flour
- 2 tbsp arrowroot starch or cornstarch
- 12 oz crushed pineapple, drained
- ¼ cup chicken broth
- ¼ cup coconut aminos or low-sodium soy sauce
- ½ cup honey
- 1 tbsp coconut sugar
- 2 tbsp ketchup
- 1½ tbsp rice wine vinegar
- 2 tbsp white vinegar
- 2 tbsp yellow mustard
- ¼ cup avocado-oil-based mayonnaise

