

# On the Menu

Monday

## Chicken & Bean Tostadas

Tuesday

## Skillet Lasagna

Wednesday

## Baked Chicken Bites

Thursday

## Egg Roll in a Bowl

Friday

## French Bread Pizza

Saturday

Sunday

# Grocery List

### Protein

- Rotisserie chicken, shredded
- 1 lb lean ground beef or turkey
- 2 lbs boneless, skinless chicken breast tenderloins
- 1 lb ground chicken or pork
- 1 large egg

### Dairy

- 8 oz ricotta cheese
- ¼ cup shredded mozzarella cheese
- ¼ cup shredded Parmesan cheese
- 1½ cups shredded mozzarella cheese (French bread pizzas)
- Shredded cheese (cheddar, Monterey Jack, or blend – for tostadas)

### Seasonings & Spices

- 2 tsp Italian seasoning
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¾ tsp black pepper
- ½ tsp salt
- ¼ tsp dried thyme

### Optional Tostada Toppings

- Pico de gallo or salsa
- Shredded lettuce
- Sour cream or Greek yogurt
- Avocado slices
- Jalapeños
- Chopped cilantro
- Lime wedges

### Optional Pizza Toppings

- Pepperoni
- Bell peppers
- Olives
- Mushrooms
- Cooked sausage
- Spinach

### Produce

- 2 red bell peppers
- ½ yellow or white onion, diced
- 1 white or yellow onion, chopped
- 1 zucchini, diced
- 2 cups grated carrots
- 8 oz mushrooms, chopped
- 1 (12 oz) bag coleslaw mix (white & purple cabbage)
- 2 green onions, chopped

### Grains & Breads

- Tostada shells
- 8-10 oz whole-grain reginetti pasta
- 1 loaf French bread (cut into 4 pieces)
- Brown rice or veggie spring rolls

### Pantry

- 1 (24 oz) jar marinara sauce
- 1 (15 oz) can diced tomatoes
- 12 oz water
- 12 oz veggie broth
- 1 cup pizza sauce (or marinara)
- 3 tbsp olive oil
- 2 tbsp honey
- 2 tbsp balsamic vinegar
- 2 tbsp ketchup
- 3 tbsp low-sodium soy sauce or coconut aminos
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- Refried beans, canned or homemade

