

On the Menu

Monday

Beef Ragu

Tuesday

Shredded Beef Tacos

Wednesday

Honey Garlic Pork Tenderloin

Thursday

Chicken Ramen

Friday

Creamy Ricotta Chicken & Orzo Pasta

Weekend

Crockpot Sausage Rigatoni

Grocery List

Protein

- 2 (11 oz) packages sweet Italian chicken sausage links
- 1.5 lb boneless, skinless chicken breast, cubed
- 2 lb ground chicken
- 2 (1 lb each) boneless pork loin roasts
- 5 lb chuck roast

Dairy

- $\frac{3}{4}$ cup fresh Parmesan cheese
- $\frac{2}{3}$ cup finely grated Parmesan cheese
- $\frac{3}{4}$ cup whole-milk ricotta cheese
- 1 cup shredded mozzarella cheese

Pasta & Grains

- 8-10 oz rigatoni or paccheri noodles
- 1 cup uncooked orzo pasta
- 8 oz ramen noodles
- 8 oz pasta (tagliatelle, pappardelle, or fettuccine)

Pantry

- $\frac{1}{2}$ cup olive oil
- 1 (28 oz) jar marinara sauce
- 1 (14 oz) can diced tomatoes
- 1 (14 oz) can crushed tomatoes
- 1 (28 oz) can crushed tomatoes
- 28 oz water or broth
- 5 cups chicken broth
- 4 cups beef broth
- $\frac{1}{2}$ cup dry white wine
- 1 cup red wine
- $\frac{1}{2}$ cup honey
- \sim 1 cup total soy sauce or coconut aminos

Produce

- 1 sweet onion
- 1 medium white onion, slivered
- 4 onions
- 4 large carrots
- 2 stalks celery, chopped
- 1 red bell pepper
- 1 large zucchini, diced
- 8 oz baby bella mushrooms, minced
- 5 oz shredded carrots
- 10 oz shredded cabbage
- 1 bunch green onions (green parts only)
- 4 cups baby spinach
- 16 oz fingerling potatoes, halved
- 1 bag broccoli florets (fresh or frozen)
- Juice of 2 oranges
- Zest of $\frac{1}{2}$ lemon
- 1 tbsp lemon juice

Spices & Seasonings

- \sim 4 tsp oregano
- $\frac{1}{2}$ tbsp chili powder
- 1 tbsp paprika
- 1 tsp allspice
- 1 tsp cumin
- 2 tsp onion powder
- 1 tsp kosher salt
- $\frac{1}{2}$ tsp + 1 tsp black pepper
- $\frac{1}{2}$ tsp dried thyme
- Salt, to taste



*Don't forget your tortillas & toppings for taco night!