

On the Menu

Monday

Pineapple Chicken Tacos

Tuesday

Sweet & Savory Korean Beef Noodle Bowls

Wednesday

Orange Glazed Salmon

Thursday

Lemon Ricotta Pasta with Grilled Shrimp

Friday

Southwestern Egg Roll

Saturday

Sunday

Grocery List

Protein

- 1.5 lbs boneless, skinless chicken breasts, diced
- 1 lb lean ground beef
- 1 lb salmon fillets (about 4 pieces)
- 1 lb large shrimp, peeled & deveined
- 1 cup rotisserie chicken, shredded
- 8 oz pancetta, diced

Dairy

- 1 cup whole-milk ricotta cheese
- 1 cup grated Parmesan cheese (plus extra for serving)
- ½ cup shredded Monterey Jack cheese
- Butter (optional alternative to olive oil for salmon)

Grains & Pastas

- 8 small corn or flour tortillas
- 8 oz noodles (ramen, rice noodles, udon, or spaghetti)
- 12 oz rigatoni or short pasta
- 6-8 egg roll wrappers

Pantry

- 4-5 tbsp olive oil
- ½ cup Italian dressing
- ¾ cup low-sodium soy sauce
- 1 tbsp hoisin sauce (optional)
- ¼ cup honey
- 2 tbsp coconut sugar or honey
- 1 tbsp rice vinegar
- 1½ tsp cornstarch
- 1 tbsp + 1 tsp water (for slurries)
- ½ cup black beans
- ½ cup corn (fresh or frozen)
- 1 cup pineapple chunks

Produce

- 1 ½ red bell peppers total
- ½ cup red onion, finely chopped
- 1 avocado, diced
- 1 jalapeño, sliced (optional)
- ½ cup fresh cilantro, chopped
- 6 cloves garlic total, minced
- 1 teaspoon fresh ginger, grated
- 1½ cups shredded carrots
- 1½ cups shredded cabbage or slaw mix
- 2 green onions, finely diced + extra sliced green onions (for garnish)
- 1 small orange, thinly sliced
- 1 large orange (for juice)
- 2 lemons (zest + juice)
- 2 cups fresh arugula
- Fresh basil, for garnish
- Lime wedges (for serving/garnish)

Spices

- 1 ½ tsp cumin total
- 1 tsp smoked paprika
- ½ tsp chili powder
- 1 tsp garlic powder total
- ½ tsp onion powder
- Salt & black pepper, to taste
- ½ tsp red pepper flakes (optional)
- Sesame seeds (for garnish)

Frozen

- Corn (if using frozen instead of fresh)

Optional Toppings

- Jalapeño slices
- Extra green onions
- Sesame seeds
- Fresh basil
- Lime wedges
- Extra Parmesan cheese

