

On the Menu

Monday

Chicken Chimichangas

Tuesday

Skillet Spaghetti

Wednesday

Cheesy Chicken Sausage Orzo Skillet

Thursday

Chicken and Veggie Stir Fry

Friday

Sheet Pan Nachos

Weekend

Grocery List

Protein

- 2 cups cooked shredded rotisserie chicken
- 1 lb ground turkey
- 12 oz fully cooked chicken sausage
- 1½ lbs chicken breast
- 1 lb lean ground turkey (or beef/chicken)

Dairy

- 1 cup shredded Monterey Jack cheese
- 1 cup + 2 cups shredded cheddar/Mexican blend cheese
- 3 cups shredded cheese total
- ¾-1 cup sharp cheddar cheese
- ½ cup shredded mozzarella OR Parmesan cheese
- Cotija cheese (for nachos)

Spices & Seasonings

- 2 tsp Italian seasoning
- 2 TBS taco seasoning
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp salt
- Salt & pepper, to taste

Optional Toppings

- Sour cream
- Guacamole
- Extra salsa
- Shredded iceberg lettuce
- Jalapeños

Produce

- 2 onions
- 1 zucchini, cut into matchsticks
- 2 bell peppers
- 2 large carrots
- ½ bushel asparagus (about 1 cup after trimming)
- 6 cloves garlic
- 2 cups broccoli florets, chopped small

Grains & Pasta

- 6 large flour tortillas
- 8 oz whole wheat spaghetti
- 1 cup dry orzo
- Tortilla chips
- ½ can refried beans

Spices & Seasonings

- 2 tsp Italian seasoning
- 2 TBS taco seasoning
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp salt
- Salt & pepper, to taste

Pantry

- 6 TBS olive oil total
- 1 cup salsa total
- ¼ cup diced green chilies
- 1 (15 oz) can diced tomatoes
- 1 (24 oz) jar marinara sauce
- 12 oz water
- 12 oz veggie broth
- ¾ cups chicken broth total
- ¼ cup low-sodium soy sauce OR coconut aminos
- 1 TBS rice vinegar
- 2 TBS honey
- Cooking spray or melted butter