

On the Menu

Monday

Beef Taquitos

Tuesday

Chicken Parmesan Pasta

Wednesday

Pan-Seared Ranch Chicken

Thursday

One Pot Sesame Chicken

Friday

BBQ Salmon Bites

Weekend

Grocery List

Protein

- 1 lb ground beef
- 4 (12 oz total) Italian chicken sausages
- 1½ lbs boneless, skinless chicken breasts or thighs
- 1.5 lbs boneless, skinless chicken breast or thighs
- 2 lbs salmon filets

Dairy

- 1½ cups shredded Mexican cheese
- ½ cup freshly grated Parmesan cheese
- ¾ cup plain Greek yogurt
- ¼ cup mayonnaise
- ¼-½ cup cheddar cheese

Pantry

- 6-7 tbsp olive oil total
- ½ cup tomato sauce or mild salsa
- 1 (28 oz) jar marinara sauce
- 1 (14 oz) can diced tomatoes
- 28 oz veggie broth
- 9 tbsp total cornstarch
- ¼ cup low-sodium soy sauce
- ¼ cup honey
- 2 tbsp ketchup
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- ½-¾ cup BBQ sauce
- Avocado oil spray or olive oil spray

Produce

- ½ small yellow onion, finely diced
- 1½ bell peppers total
- 4 cloves garlic total
- 4 russet potatoes
- 3 tbsp fresh chives
- 3 tbsp fresh dill or parsley
- 1 tsp fresh grated ginger
- 2 tbsp fresh lemon juice
- ½ tsp lemon zest

Grains

- 12 small flour or corn tortillas
- 10 oz dry pasta of choice

Seasonings

- 2 tbsp taco seasoning
- 1 tbsp Italian seasoning
- ¾ tsp + additional garlic powder
- Paprika, to taste
- Kosher salt
- Salt & pepper, to taste
- BBQ seasoning, to taste
- 1 tbsp sesame seeds

Frozen

- 1-2 (10 oz) bags frozen broccoli

Optional Toppings

- 2 tbsp chopped green chilies
- ¼ cup chopped cilantro
- Dash hot sauce