

# On the Menu

## Monday

### Taco Skillet

## Tuesday

### Skillet Pancetta Chicken

## Wednesday

### Beef Stroganoff

## Thursday

### Southwestern Egg Rolls

## Friday

### Grilled Pizza

## Weekend

# Grocery List

### Protein

- 1 lb lean ground beef or ground turkey
- 1½ lbs boneless, skinless chicken thighs or breasts
- 4 oz pancetta, diced
- 1 lb lean ground beef (stroganoff recipe)
- 1 cup rotisserie chicken, shredded

### Dairy

- 1 cup shredded cheddar or Mexican blend cheese
- 6-8 oz fresh mozzarella or bocconcini
- ½ cup shredded Monterey Jack cheese
- 2 cups milk
- ½ cup plain Greek yogurt

### Spices & Seasonings

- 2 tbsp taco seasoning
- 1 tsp paprika
- 1½ tsp garlic powder
- ½ tsp cumin
- ½ tsp salt
- ½ tsp + to taste black pepper
- Salt, to taste

### Frozen

- Corn (if using frozen)

### Optional Toppings

- Chopped cilantro
- Diced avocado
- Sour cream
- Hot sauce
- Fresh basil (garnish)
- Fresh parsley (garnish)

### Produce

- 2 small onions
- 1 medium zucchini, diced
- 5 cloves garlic
- 8 oz fresh mushrooms, diced
- ½ red bell pepper, finely diced
- 2 green onions, finely diced

### Grains & Pasta

- 1 cup shredded cheddar or Mexican blend cheese
- 6-8 oz fresh mozzarella or bocconcini
- ½ cup shredded Monterey Jack cheese
- 2 cups milk
- ½ cup plain Greek yogurt

### Pantry

- 4 tbsp olive oil total
- 1 (10 oz) can diced tomatoes with green chilies
- 1 (15 oz) can pinto beans
- 1 (14-15 oz) can crushed or whole peeled tomatoes
- 2 cups beef broth
- 2 tsp Worcestershire sauce
- 1-1½ cups pizza sauce (or pesto/white sauce/garlic oil)
- ½ cup black beans
- ½ cup corn (fresh or frozen)
- 3 tbsp all-purpose flour
- Cornmeal or flour, for dusting pizza dough

*\*Don't forget your pizza toppings, you can see my suggestions on my Grilled Pizza recipe*