

On the Menu

Monday

Ground Chicken Wonton Tacos

Tuesday

Spring Pasta Primavera

Wednesday

Chicken & Bean Tostadas

Thursday

Cheddar Ranch Chicken Burgers

Friday

Homemade Fish Sticks

Weekend

Grocery List

Protein

- 1 lb ground chicken
- 2 lbs ground chicken
- 2 chicken breasts or ½ lb shrimp or chicken sausage
- 1¼ lb cod fish
- Rotisserie chicken, shredded
- 1 large egg

Dairy

- ¼ cup grated Parmesan
- ½ cup finely shredded cheddar cheese
- Shredded cheese (cheddar, Monterey Jack, or blend — for tostadas)
- Optional 2 tbsp cream or half-and-half

Grains & Pasta

- 12 oz pasta (penne, farfalle, or fusilli)
- 16 wonton wrappers
- Tostada shells
- ½ cup plain breadcrumbs
- 2 cups panko breadcrumbs

Pantry

- 2 tbsp hoisin sauce
- 1 tbsp + 1 tbsp sesame oil
→ 2 tbsp sesame oil total
- 1 tbsp + 1 tbsp soy sauce
→ 2 tbsp soy sauce total
- 1 tbsp rice vinegar
- 1 tbsp honey
- 2 tbsp + 2 tbsp olive oil
→ 4 tbsp olive oil total
- ¼ cup olive oil or avocado oil-based mayonnaise
- ½ cup Italian dressing
- 2 tbsp white balsamic vinegar or juice of 1 lemon
- Refried beans
- Fresh pico de gallo or salsa
- Sweet chili sauce

Produce

- ½ medium onion, finely diced
- 1 small red onion, thinly sliced
- 4 green onions, thinly sliced
- 1 zucchini, matchstick cut
- 1 yellow squash, matchstick cut
- 1 red bell pepper, matchstick cut
- 1 small carrot, matchstick cut
- 1 heaping cup broccoli florets
- 1 cup cherry tomatoes, halved
- 1 (14 oz) bag coleslaw mix
- 2 cloves + 3 cloves garlic
→ 5 cloves garlic total
- 1 tsp fresh ginger, minced
- Fresh basil or parsley
- Fresh cilantro

Spices & Seasonings

- 1 oz ranch seasoning mix
- ¾ tsp salt
- 1 tsp + additional black pepper
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp garlic powder
- Salt & pepper, to taste
- Sesame seeds, for garnish

Optional Toppings

- Shredded lettuce
- Sour cream or Greek yogurt
- Avocado slices
- Jalapeños
- Chopped cilantro
- Lime wedges
- Extra Parmesan
- Crumbled goat cheese
- Lemon wedges
- Grilled onions
- Bacon
- Lettuce
- Tomatoes
- Ranch dressing
- Pickles