

On the Menu

Monday

Cheesy Chicken Enchiladas

Tuesday

Philly Cheesesteak Sliders

Wednesday

Grilled Garlic Parmesan Chicken

Thursday

Balsamic Grilled Flank Steak Caprese

Friday

Shrimp Stir Fry

Weekend

Grocery List

Protein

- 2 cups diced or shredded rotisserie chicken
- 1½ lbs shaved steak or thinly sliced ribeye
- 1.5 lbs boneless, skinless chicken breasts or thighs
- 1½ lbs flank steak
- 1 lb jumbo shrimp (peeled & deveined)

Dairy

- 1½ cups plain Greek yogurt
- 1½ cups Mexican blend cheese
- ½ cup grated Parmesan cheese
- 8 oz fresh mozzarella, sliced
- 6-8 slices provolone or white American cheese
- 2 tbsp unsalted butter

Condiments & Pantry

- ~9 tbsp olive oil total
- 2 tbsp flour
- 1½ cups chicken broth
- 1 can Rotel
- ½ can refried beans
- 1 cup salsa
- 1 tbsp Worcestershire sauce
- ¼ cup balsamic vinegar
- 1 tbsp Dijon mustard
- 4 tbsp honey total
- ¼ cup low-sodium soy sauce or coconut aminos
- Balsamic glaze

Produce

- 1 large sweet onion, sliced
- 3 bell peppers
- 3 cups cherry tomatoes
- 1 carrot, shredded
- 1 bag snap peas
- 2 cups broccoli florets
- 7-8 cloves garlic total
- 2 tsp fresh minced ginger
- Fresh basil leaves

Grains, Tortillas, Pasta

- 8 whole grain tortillas
- 12 Hawaiian sweet rolls or slider buns

Seasons & Spices

- 2 tbsp taco seasoning
- 1 tsp paprika
- 2 tsp garlic powder total
- 2 tsp Italian seasoning
- 1 tsp + additional salt
- 1 tsp + additional black pepper
- Salt & pepper, to taste

Optional Toppings

- 1 tbsp chopped parsley
- Juice of ½ lemon
- Pinch red pepper flakes
- Splash balsamic vinegar