

On the Menu

Monday

Taco Skillet

Tuesday

Chicken Parmesan Pasta

Wednesday

BBQ Pulled Pork Sandwiches

Thursday

Sesame Chicken

Friday

BBQ Salmon Bites

Weekend

Grocery List

Protein

- 1 lb lean ground beef (or turkey)
- 4 (12 oz total) Italian chicken sausages
- 1 (4 lb) pork shoulder roast
- 1.5 lbs boneless, skinless chicken breast or thighs
- 2 lbs salmon filets

Dairy

- 1½ cups cooked rice
- 10 oz dry pasta
- 8 hamburger buns
- Cooked rice (for sesame chicken, additional as needed)

Pantry

- ~6-7 tbsp olive oil total
- 1 (10 oz) can diced tomatoes with green chilies
- 1 (15 oz) can pinto beans
- 1 (28 oz) jar marinara sauce
- 1 (14 oz) can diced tomatoes
- 28 oz veggie broth
- ½ cup chicken broth
- ½ cup apple cider vinegar
- ¼ cup light brown sugar
- 1 tbsp yellow mustard
- ~9 tbsp cornstarch
- ¼ cup low-sodium soy sauce
- ¼ cup honey
- 2 tbsp ketchup
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 1-2 tbsp water
- ~1½-1¾ cups BBQ sauce

Produce

- 2 onions
- 1 bell pepper
- 1 medium zucchini, diced
- 6 cloves garlic
- 1 tsp fresh grated ginger
- 4 russet potatoes

Dairy

- 1 cup shredded cheddar or Mexican blend cheese
- ½ cup freshly grated Parmesan cheese
- ¼-½ cup cheddar cheese

Seasonings

- 2 tbsp taco seasoning
- 1 tbsp Italian seasoning
- 1 tbsp chili powder
- 1 tbsp + additional garlic powder
- 1 tbsp paprika
- ½ tsp dried thyme
- Salt & pepper, to taste
- Paprika, to taste (salmon)
- BBQ seasoning, to taste
- 1 tbsp sesame seeds

Frozen

- 1-2 (10 oz) bags frozen broccoli

Optional Toppings

- Chopped cilantro
- Diced avocado
- Sour cream
- Hot sauce
- Green onions
- Extra sesame seeds