

# On the Menu

Monday

## Effortless Enchiladas

Tuesday

## Chicken Parmesan Bites

Wednesday

## Healthy Hamburger Helper

Thursday

## Korean Beef Noodle Bowls

Friday

## Lemon Ricotta Pasta with Grilled Shrimp

Weekend

# Grocery List

### Protein

- 3 lbs ground beef total
- 1½ lbs boneless, skinless chicken breasts or tenderloins
- 1 lb large shrimp (peeled & deveined)
- 8 oz pancetta

### Dairy

- 3 cups shredded cheese
- 1½ cups Parmesan
- 1-1½ cups shredded mozzarella cheese
- 1 cup whole-milk ricotta cheese
- 2 cups skim milk

### Grains

- 8 tortillas (corn or flour)
- ½ cup all-purpose flour
- 1 cup panko breadcrumbs
- 12 oz whole wheat pasta
- 8 oz noodles + 12 oz pasta

### Pantry

- 1 cup salsa
- 15 oz (1.5 cans) red enchilada sauce
- 1½-2 tbsp mayonnaise
- ¾-1 cup marinara sauce
- 4 tbsp olive oil total
- 1 tbsp avocado oil (or olive oil alt)
- 2 tbsp tomato paste
- 2 cups beef broth
- ¼ cup low-sodium soy sauce
- 1 tbsp sesame oil
- 2 tbsp coconut sugar or honey
- 1 tbsp rice vinegar
- 1 tbsp hoisin sauce
- ~1½ tbsp cornstarch total
- ½ cup Italian dressing

### Produce

- ½ cup finely diced yellow onion
- 1 red bell pepper, sliced
- 1½ cups shredded carrots
- 1½ cups shredded cabbage or slaw mix
- 4 cloves garlic
- 1 tsp fresh grated ginger
- 2 cups fresh arugula
- ¼ cup fresh lemon juice (~2 lemons)
- 1 tbsp lemon zest

### Dairy

- 3 cups shredded cheese
- 1½ cups Parmesan
- 1-1½ cups shredded mozzarella cheese
- 1 cup whole-milk ricotta cheese
- 2 cups skim milk

### Spices & Seasonings

- 1½ tsp garlic powder total
- 1½ tsp paprika total
- 1 tsp Italian seasoning
- ½ tsp salt + 1 tsp kosher salt
- 1 tsp black pepper total
- Salt & pepper, to taste
- ½ tsp red pepper flakes

### Optional Toppings

- Fresh basil
- Extra Parmesan cheese
- Lemon wedges

