

On the Menu

Monday

Ribeye Tacos

Tuesday

Spring Patio Pasta

Wednesday

BBQ Mini Meatballs

Thursday

Grilled Hawaiian Chicken Bowls

Friday

Fish Tacos

Weekend

Grocery List

Protein

- 1½ lbs thinly sliced sirloin
- 1.5 lbs boneless, skinless chicken breast, diced
- 1½ lbs ground chicken
- 1½ lbs boneless, skinless chicken breasts or thighs
- 1 lb mild white fish (cod or mahi mahi)

Dairy

- ½ cup grated Parmesan cheese
- ¼ cup plain Greek yogurt
- 2 tbsp mayonnaise (olive or avocado oil based)
- 1 cup milk or half-and-half
- 2 tbsp milk

Grains & Pasta

- 2 tbsp + 1 tsp total
- 1 tbsp taco seasoning (steak recipe)
- 1 tsp garlic powder
- 1¾ tsp smoked paprika total
- ½ tsp + ¼ tsp black pepper
- ¾ tsp + ¼ tsp kosher salt
- ½ tsp Worcestershire sauce
- Salt & pepper, to taste

Optional Toppings

- Shredded lettuce
- Cotija or shredded Mexican cheese
- Salsa
- Avocado
- Fresh cilantro
- Green onions
- Mango salsa

Produce

- 2 bell peppers
- 3 bell peppers total
- 1 sweet onion
- 1 small shallot, finely diced
- ¼ cup finely grated onion
- 1 medium zucchini, sliced
- 1 cup cherry tomatoes
- 1 pineapple
- 2 medium sweet potatoes
- 1 bag coleslaw mix
- 4 cloves garlic total
- Juice of 1 orange
- Juice of 2 limes

Grains & Pasta

- 8 oz uncooked short pasta
- Tortillas, for steak tacos
- 8 corn or flour tortillas
- 2-3 cups cooked brown rice

Grains & Pasta

- ~10-11 tbsp olive oil (~¾ cup)
- 2 cups chicken broth
- ~1¼-1½ cups BBQ sauce
- ½ cup basil pesto
- 1 tbsp low-sodium soy sauce
- 1-2 tbsp water

