

On the Menu

Monday

Healthy Hamburger Helper

Tuesday

Crispy Chicken Tacos

Wednesday

Grilled Chicken Parmesan

Thursday

Honey Mustard Chicken BLT Sliders

Friday

Easy Black Pepper & Garlic Chicken

Weekend

Grocery List

Protein

- 4 lbs boneless, skinless chicken breasts/thighs
- 1 lb ground chicken
- 1 lb lean ground beef
- 6 slices bacon

Dairy

- 2 cups shredded cheese (Mexican blend)
- 1 cup low-fat shredded cheddar cheese
- 6 slices cheddar or mozzarella cheese
- ½ cup grated Parmesan cheese
- 2 tbsp unsalted butter
- 2 cups skim milk

Seasonings

- Salt
- Black pepper
- Garlic powder (about 3 tsp total)
- Italian seasoning (2 tsp)
- Paprika (2 tsp)
- Taco seasoning (2 tbsp)
- Ground ginger (¼ tsp)
- Onion powder (1 tsp)
- Red pepper flakes (optional)

Produce

- 2½ medium onions (mix of sweet, yellow, red, white)
- 2 tomatoes + 2 cups cherry/grape tomatoes
- 1 green pepper
- 4 celery stalks
- 9-10 garlic cloves
- Romaine lettuce
- Fresh parsley (about ⅓ cup total)
- ½ lemon

Grains

- 12 (8-inch) tortillas
- 12 oz whole wheat elbow pasta or shells
- 6 brioche slider buns

Pantry

- Olive oil (about 6 tbsp total)
- Avocado oil (small amount + ¼ cup mayo base)
- Avocado oil mayonnaise (¼ cup)
- Honey (¼ cup)
- Yellow mustard (1 tbsp)
- White vinegar (1 tbsp)
- Rice vinegar (1 tbsp)
- Low-sodium soy sauce (¼ cup)
- Chicken broth (¼ cup)
- Beef broth (2 cups)
- Tomato paste (2 tbsp)
- Red enchilada sauce (1 cup)
- Cornstarch (1 tbsp)
- Balsamic vinegar (optional)