

# On the Menu

## Monday

### Easy Beef Taquitos

## Tuesday

### Orange Glazed Salmon

## Wednesday

### Chicken & Creamed Corn Orzo

## Thursday

### Teriyaki Pineapple Chicken

## Friday

### Grilled Citrus Chicken Bowls

## Weekend

# Grocery List

### Protein

- 1 lb ground beef
- 1 lb salmon fillets
- 4 small chicken breasts
- 1½-2 lbs chicken breast
- 4-5 (6 oz each) boneless, skinless chicken breasts or thighs

### Dairy

- 1½ cups shredded Mexican cheese
- 1 cup grated Parmesan
- ½ cup plain Greek yogurt
- Fresh Parmesan

### Grains & Pasta

- 12 small tortillas
- 1 cup orzo

### Seasonings

- 2 tbsp taco seasoning
- 1 tsp paprika
- 1 tsp onion powder
- 1½ tsp garlic powder total
- 1 tsp + ½ tsp black pepper
- ~3 tsp salt total
- ½ tsp chili flakes
- Black pepper, to taste

### Pantry

- ~½ cup olive oil total
- ½ cup tomato sauce or salsa
- 2 tbsp soy sauce
- ~3 tbsp honey total
- 1 tsp cornstarch + 1 tsp water
- 2½ cups chicken broth
- Teriyaki sauce
- 2 tsp Dijon mustard
- Avocado oil spray or olive oil spray

### Produce

- ½ small yellow onion, finely diced
- 1 yellow onion, finely chopped
- 1 sweet onion, chunked
- 1 red onion, sliced
- → ~3½ onions total
- ½ green bell pepper, finely diced
- 1 red bell pepper, chunked
- 1 orange bell pepper, chunked
- 2 bell peppers, quartered
- → ~4½ bell peppers total
- 2 zucchini + 2 zucchini, sliced
- → 4 zucchini total
- 4 cloves + 2 cloves + 1 tbsp minced garlic
- → ~7-8 cloves garlic total
- 3 sprigs thyme
- 1 tbsp fresh rosemary (or 1 tsp dried)
- 1 fresh pineapple
- 2 ears corn
- 3 cups frozen corn
- 1½ lbs baby potatoes or Yukon golds
- 1 small orange (sliced)
- ½ cup fresh orange juice
- 2 tsp orange zest
- 2 tbsp lemon juice + 1 tsp lemon zest
- 1 tbsp lime juice + ½ tsp lime zest
- 1 tbsp chopped shallot or red onion

### Frozen

- 3 cups frozen corn

### Optional Toppings

- Chili flakes
- Fresh Parmesan