

On the Menu

Monday

Sheet Pan Chicken Fajitas

Tuesday

Lemon Garlic Cod

Wednesday

Crispy Southwest Eggrolls

Thursday

Mongolian Beef Noodles

Friday

Sheet Pan Chicken Parmesan

Weekend

Grocery List

Protein

- 1½ lbs boneless, skinless chicken thighs or breasts
- 4 (6 oz each) cod fillets
- 1 cup rotisserie chicken
- 2 lbs ground beef
- 1½ lbs boneless, skinless chicken breasts or tenderloins

Dairy

- ½ cup milk (or half & half)
- ¾ cup Parmesan total
- 1-1½ cups shredded mozzarella cheese
- ½ cup shredded Monterey Jack cheese
- 1 tbsp butter

Seasonings & Spices

- 1½ tsp cumin
- 1½ tsp paprika
- ½ tsp chili powder
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp + ½ tsp salt
- ~1¼ tsp black pepper
- 1½ tsp sea salt
- ½ tsp red pepper flakes
- 1 tsp Italian seasoning

Frozen

- Corn (if using frozen)

Optional Toppings

- Fresh cilantro
- Lime wedges
- Guacamole
- Sour cream
- Salsa
- Shredded cheese
- Red pepper flakes or chili crisp
- Fresh basil
- Extra Parmesan

Produce

- 3½ bell peppers
- 2 onions
- 2 bunches broccolini
- 2 green onions
- 3 tbsp parsley
- 1 tsp fresh thyme leaves
- ~1 tbsp ginger
- ~13-15 cloves garlic
- 1 lemon + ½ lemon (zest + juice)
- Juice of 1 lime

Grains & Pasta

- Tortillas
- 1 cup dry orzo
- 12 oz noodles (lo mein or spaghetti)
- 6-8 egg roll wrappers
- ½ cup all-purpose flour
- 1 cup panko breadcrumbs

Pantry

- ~11 tbsp oil
- 2 cups chicken or vegetable broth
- 2/3 cup low-sodium soy sauce
- ½ cup water or beef broth
- ¼ cup honey
- 1 tsp brown sugar
- 2 tbsp rice vinegar
- 1-2 tsp hoisin
- 1 tsp oyster sauce
- 2 tsp sesame oil
- 4 tsp cornstarch
- ½ tsp baking soda
- ¾-1 cup marinara sauce
- 1½-2 tbsp mayonnaise
- ½ cup black beans
- ½ cup corn