

On the Menu

Monday

Crispy Chicken Sandwiches

Tuesday

Grilled Pizza

Wednesday

Grilled Pork Chops

Thursday

Chicken Stir Fry

Friday

Steak Quesadillas

Weekend

Grocery List

Protein

- 1 lb ground chicken or turkey
- 4-5 bone-in pork chops
- 1½ lbs chicken breast
- 1-1.25 lbs shaved beef steak

Dairy

- American cheese slices
- 3-3½ cups shredded mozzarella/provolone/fontina blend
- 1½-2 cups shredded cheese (Mexican blend + mozzarella)
- Butter

Grains

- 6 potato buns
- 2 lbs fresh pizza dough
- 6-8 flour tortillas
- All-purpose flour (for dusting)
- Panko breadcrumbs
- Cornmeal or flour (for pizza dough dusting)

Pantry/Condiments

- ¾ cup mayonnaise
- ¼ cup pickle juice
- 1-2 tbsp hot sauce
- ⅓ cup finely chopped pickles
- ~9 tbsp olive oil total
- 1-1½ cups pizza sauce (or pesto/white sauce/garlic oil)
- 2 tbsp + additional drizzle honey
- ~7 tbsp total soy sauce/coconut aminos
- 1 tbsp Dijon mustard
- 1 tsp apple cider vinegar or lemon juice
- ¼ cup chicken broth
- 1 tbsp rice vinegar
- Avocado oil spray
- Butter or olive oil spray
- ¾ cup refried beans

Produce

- 1 large onion, sliced
- 1 yellow or white onion, slivered
- 3 onions total
- 4 bell peppers total
- 1 zucchini, matchstick cut
- 2 large carrots
- ½ bushel asparagus
- 2 bunches broccolini
- 4-5 medium sweet potatoes
- 5 cloves garlic total
- ½ lime
- Handful fresh dill

Seasonings

- 1½ tsp garlic powder total
- 1½ tsp onion powder total
- 1½-2 tsp smoked paprika total
- ~1½ tsp kosher salt total
- Black pepper, to taste
- Salt & pepper, to taste
- 1-1½ tsp taco seasoning
- Cinnamon
- Flaky sea salt

Optional Toppings

- Chopped fresh dill
- Lemon juice
- Shredded iceberg lettuce
- Bread & butter or dill pickles
- Bell peppers (for pork chop sheet pan)



Don't forget your pizza toppings for grilled pizza night!