

On the Menu

Monday

Crockpot BBQ Chicken

Tuesday

Cheeseburger Pasta

Wednesday

Lemon Parmesan Chicken & Summer Squash Skillet

Thursday

Chicken Enchiladas

Friday

Smash Burgers

Weekend

Grocery List

Protein

- 1.5-2 lbs chicken breast
- 1.25-1.5 lbs extra lean ground beef
- 1½ lbs boneless, skinless chicken breasts
- 2 cups rotisserie chicken
- 1 lb lean ground beef

Dairy

- ¾ cup milk
- 1½-2 cups shredded sharp cheddar cheese
- ⅓-½ cup shredded Parmesan cheese
- 1 cup plain Greek yogurt
- ½ cup sour cream
- 1½ cups Mexican blend cheese
- 1 tbsp butter

Pantry

- 1 cup BBQ sauce
- ¼ cup chicken broth
- ~2-2½ tbsp Worcestershire total
- ~2-3 tbsp acidic add-ins total
- 1½ tbsp tomato paste
- 1-1½ tsp yellow mustard
- 2½ cups beef broth
- 4 tbsp olive oil total
- ½ can refried beans
- 1 cup salsa
- 2 tbsp flour
- 1½ cups chicken broth
- 1 (10 oz) can Rotel

Produce

- ½ onion, finely diced
- 1½ onions total
- ½ cup carrots, finely diced
- ½ cup celery, finely diced
- 2 medium zucchini
- 1 medium yellow squash
- ~5-6 cloves garlic total
- Zest of 1 lemon
- 2 tbsp fresh lemon juice

Grains

- 12 oz pasta
- 8 whole grain tortillas
- 8 (6-inch) tortillas

Spices & Seasonings

- 2 tbsp taco seasoning
- 2 tbsp steak or burger seasoning
- 2½ tsp garlic powder total
- 1½ tsp onion powder total
- 2 tsp paprika total
- 3 tsp Italian seasoning
- ¼ tsp salt total
- 1 tsp black pepper total
- ½ tsp cumin
- Salt + pepper, to taste

Optional Items

- Plain Greek yogurt
- Chopped parsley
- Fresh basil
- Red pepper flakes
- Burger toppings

Don't forget your Smash Burger toppings!