

On the Menu

Monday

Garlic Butter Steak Bites

Tuesday

Honey Mustard Chicken BLT Sliders

Wednesday

Pineapple Chicken Teriyaki

Thursday

Grilled Pizza Night

Friday

Citrus Marinated Grilled Chicken

Weekend

Loaded Grilled Nachos

Grocery List

Protein

- 1.5-2 lbs sirloin or ribeye
- 1.5 lbs boneless, skinless chicken breasts
- 1½-2 lbs chicken breast
- 4-5 (6 oz) boneless, skinless chicken breasts or thighs
- 1 lb ground beef or 2 cups shredded rotisserie chicken
- 6 slices bacon

Dairy

- 6 slices mild cheddar or mozzarella cheese
- 3-3½ cups shredded mozzarella/provolone/fontina blend
- 1½ cups shredded Mexican blend or cheddar cheese
- ½ cup prepared queso
- 3 tbsp butter

Grains

- 6 brioche slider buns
- 2 lbs fresh pizza dough
- 1 bag sturdy tortilla chips
- Cornmeal or flour for dusting

Pantry

- ~¾ cup olive oil/oil total
- ¼ cup avocado oil-based mayonnaise
- 1 tbsp yellow mustard
- 2 tsp Dijon mustard
- 1 tbsp white vinegar
- ¼ cup + 2 tsp honey
- Teriyaki sauce
- 1-1½ cups pizza sauce
- 1 can black beans

Produce

- 1 fresh pineapple
- 1 red bell pepper
- 1 orange bell pepper
- 1 green bell pepper
- 2 bell peppers
- 5½ bell peppers total
- ~2 red onions total
- 1 sweet onion
- 1-2 tomatoes
- 2 zucchini or summer squash
- 1½ lbs baby potatoes or Yukon golds
- 2 ears corn
- ~7 cloves garlic total
- ½ cup fresh orange juice
- 2 tsp orange zest
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tbsp fresh lime juice
- ½ tsp lime zest
- 1 tbsp fresh rosemary
- Romaine lettuce

Spices & Seasonings

- 2 tsp paprika total
- 2½ tsp garlic powder total
- 1 tsp onion powder
- 2¼ tsp salt total
- ¾ tsp black pepper total
- 1 packet taco seasoning
- Salt + pepper, to taste

Optional

- Fresh thyme or rosemary
- Jalapeño
- Chopped cilantro
- Sliced avocado or guacamole
- Sour cream or Greek yogurt
- Salsa or pico de gallo
- Lime wedges

Don't forget your Grilled Pizza
Night toppings!

