

# On the Menu

## Monday

Grilled Balsamic Chicken

## Tuesday

Crockpot Beef Tacos

## Wednesday

Hawaiian Chicken Bowls

## Thursday

Orange Beef Bowls

## Friday

Pizza Pasta

## Weekend

# Grocery List

### Protein

- 1 lb lean ground beef or turkey
- 4 large chicken breasts
- 1½ lbs boneless, skinless chicken breasts or thighs
- 1 lb flank steak or sirloin
- 1 lb turkey sausage
- 1 package turkey pepperonis

### Dairy

- ¼ cup freshly shredded Parmesan cheese
- 1 cup shredded mozzarella cheese

### Grains & Pasta

- 10 oz penne pasta
- 2-3 cups cooked brown rice
- Cooked rice or rice noodles

### Pantry

- ~6½ tbsp olive oil total
- ½ cup salsa
- ¼ cup beef broth
- ~⅝ cup honey total
- 2 tbsp balsamic vinegar
- 2 tbsp ketchup
- ½ cup BBQ sauce
- ~7 tbsp soy sauce total
- 2 tbsp coconut sugar
- ¼ cup rice vinegar
- 3 tbsp total cornstarch
- 1 (28 oz) jar marinara sauce
- Tortillas

### Produce

- ½ onion, chopped
- 1½ onions total
- 2 bell peppers total
- 1 pineapple
- 1 lb fresh green beans
- 1 inch fresh ginger
- ~7-8 cloves garlic total
- 4 oz mushrooms
- 1 orange (juice + zest)
- Bag salad of choice

### Spices & Seasonings

- 2½ tbsp taco seasoning
- ¾ tsp kosher salt total
- ½ tsp pepper
- Salt & pepper, to taste
- 1 tsp garlic powder
- ½ tsp smoked paprika or chili powder
- ½ tsp white pepper
- 1 tbsp Italian or pizza seasoning

### Optional Toppings

- Fresh cilantro
- Green onions
- Sesame seeds
- Sliced cucumber
- Shredded cabbage or slaw mix
- Chili crisp
- Sriracha
- Lime wedges
- Taco Toppings