

On the Menu

Monday

Sheet Pan Chicken
Sausage Primavera
Tortellini

Tuesday

Crockpot Italian Beef
Sandwiches

Wednesday

Honey Dijon Grilled Pork
Chop Dinner

Thursday

Philly Cheesesteak Sliders

Friday

Sheet Pan BBQ
Chicken Nachos

Weekend



Grocery List

Protein

- 1½ lbs chicken sausage
- 3 lb chuck roast
- 4-5 bone-in pork chops
- 1½ lbs shaved steak or thinly sliced ribeye
- 1 rotisserie chicken, shredded

Dairy

- 20 oz refrigerated cheese tortellini
- ½ cup freshly grated Parmesan cheese
- 14-16 slices provolone total
- 1 cup low-fat mozzarella cheese
- 1 cup low-fat cheddar cheese
- Butter

Seasonings

- 3½ tsp Italian seasoning
- 3 tsp garlic powder
- 2½ tsp salt
- 2 tsp black pepper
- ½ tsp onion powder
- 1 tsp paprika
- ½ tsp crushed red pepper flakes
- Cinnamon
- Flaky sea salt
- BBQ seasoning

Produce

- 2 medium zucchini
- 1 medium yellow squash
- ~3½ onions total
- 1 pint cherry tomatoes
- 4 bell peppers total
- 2 bunches broccolini
- 10 cloves garlic total
- 6-7 sweet potatoes total
- 1 tomato, diced
- 1 avocado, diced
- 2 tbsp fresh basil
- Zest of 1 lemon
- Juice of ½ lemon

Grains

- 5 soft hoagie rolls
- 12-count package Hawaiian sweet rolls or slider buns

Pantry

- ~¾ cup olive oil total
- ¼ cup reserved pasta water
- 2 cups low-sodium beef broth
- 2 tbsp Worcestershire total
- 2 tbsp pepperoncini juice
- 6-8 pepperoncini peppers
- 2 tbsp + honey for sweet potatoes honey
- 3 tbsp soy sauce
- 1 tbsp Dijon mustard
- 1 tsp apple cider vinegar or lemon juice
- ¾ cup BBQ sauce

Don't forget your Grilled Pizza
Night toppings!