

On the Menu

Monday

Crockpot Beef Tacos

Tuesday

Chicken Parm Meatballs

Wednesday

Sweet & Savory Korean Beef Noodle Bowls

Thursday

Grilled Hawaiian Chicken Bowls

Friday

Grilled Drumsticks

Weekend

Grocery List

Protein

- 1 lb lean ground beef or turkey
- 1 lb ground chicken
- 1 lb lean ground beef
- 1½ lbs boneless, skinless chicken breasts or thighs
- 8 chicken drumsticks (bone-in, skin-on)
- 1 large egg

Dairy

- ½ cup grated Parmesan cheese

Seasonings

- 2½ tbsp taco seasoning
- ~1 tbsp + 2 tsp italian seasoning
- 3 tsp garlic powder total
- 2 tsp onion powder
- 2 tsp smoked paprika
- ½ tsp salt
- 3 tsp coarse sea salt
- 1½ tsp black pepper total
- 1 tsp chili flakes
- Salt & pepper, to taste
- Sesame seeds

Optional

- Fresh basil
- Green onions
- Fresh cilantro
- Lime wedges
- Hoisin sauce
- Red pepper flakes
- Smoked paprika or chili powder

Produce

- ~¾ onion total
- 2 red bell peppers
- 1 pineapple
- 1½ cups shredded carrots
- 1½ cups shredded cabbage or slaw mix
- 4 cloves garlic total
- 1 tsp fresh grated ginger
- Zest of ½ lemon
- 2 tbsp lemon juice
- Fresh basil (optional garnish)

Grains

- Tortillas
- 8 oz noodles (ramen, rice noodles, udon, or spaghetti)
- 2-3 cups cooked brown rice
- ½ cup Italian breadcrumbs

Pantry

- 10 tbsp olive oil total
- 1 (28 oz) jar San Marzano tomatoes (or diced tomatoes)
- 1 (24 oz) jar marinara sauce
- ½ cup salsa
- ¼ cup beef broth
- 5 tbsp soy sauce
- ½ cup BBQ sauce
- 2 tbsp Dijon mustard
- 4 tbsp Worcestershire
- 2 tbsp brown sugar or coconut sugar
- 2 tbsp coconut sugar or honey
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- ½ tsp cornstarch
- 1 tbsp water



Don't forget taco toppings
of your choice!