

On the Menu

Monday

Sheet Pan Tex Mex Chicken

Tuesday

Mozzarella Baked Chicken

Wednesday

Pulled Pork Sandwiches

Thursday

Chicken Fried Rice

Friday

Grilled Balsamic Chicken

Weekend



Grocery List

Protein

- 1.5 lbs chicken tenderloins or chicken breasts
- 3 large boneless, skinless chicken breasts
- 1 (4 lb) pork shoulder roast
- 2 cups rotisserie chicken
- 4 large chicken breasts
- 2 large eggs

Dairy

- $\frac{3}{4}$ -1 cup shredded pepper jack or Mexican blend cheese
- $\frac{3}{4}$ -1 cup shredded mozzarella cheese
- 4-6 oz fresh mozzarella
- 2 tbsp grated Parmesan cheese
- 1 tbsp butter (or use instead of olive oil for breadcrumb topping)

Pantry

- $\sim 9\frac{1}{2}$ tbsp olive oil total (or substitute sesame oil for the fried rice if preferred)
- 1 can Ranch Style Beans
- 1 (10 oz) can Rotel
- 1 tbsp cornstarch or arrowroot starch
- ~ 2 tbsp + 1 tsp honey total
- 2 tbsp + 2 tsp balsamic vinegar total
- 1 cup barbecue sauce
- $\frac{1}{2}$ cup apple cider vinegar
- $\frac{1}{2}$ cup chicken broth
- $\frac{1}{4}$ cup light brown sugar
- 1 tbsp prepared yellow mustard
- 4 tbsp low-sodium soy sauce or coconut aminos
- 2 tbsp ketchup
- 1 tsp Dijon mustard

Produce

- 2 bell peppers, sliced
- $\sim 3\frac{1}{4}$ onions total
- 1 medium zucchini
- 2 $\frac{1}{2}$ -3 cups cherry tomatoes
- 1 cup frozen corn
- ~ 10 cloves garlic total
- 2 green onions, chopped
- Juice of $\frac{1}{2}$ lime
- Fresh basil

Grains

- $\frac{1}{3}$ cup panko breadcrumbs
- 8 hamburger buns
- 1 $\frac{1}{2}$ (8.5 oz) bags microwaveable brown rice

Seasonings

- 2-2 $\frac{1}{2}$ tbsp taco seasoning
- 1 tbsp + optional pinch Italian seasoning
- 1 $\frac{1}{2}$ tbsp garlic powder total
- 1 tbsp paprika
- $\frac{1}{2}$ tbsp dried thyme
- 1 tbsp chili powder
- 1 tsp smoked paprika total
- $\frac{3}{4}$ -1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- All-purpose chicken seasoning, to taste

Frozen

- 1 cup frozen corn
- 1 (20 oz) bag frozen peas & carrots

Optional

- Fresh cilantro
- Green onions
- Jalapeños
- Avocado
- Sour cream or Greek yogurt
- Salsa
- Lime wedges
- Crushed red pepper flakes
- Flaky salt
- Balsamic glaze
- Shaved Parmesan
- Fresh basil or parsley
- Lemon wedges