

On the Menu

Monday

Philly Cheesesteak Sliders

Tuesday

Chicken Chimichangas

Wednesday

Peach Balsamic Chicken

Thursday

Crispy Air-Fried Chicken Chunks

Friday

Sheet Pan BBQ Chicken Nachos

Weekend

Grocery List

Protein

- 1½ lbs shaved steak or thinly sliced ribeye
- 2 cups + 1 whole rotisserie chicken
- 4 large chicken breasts
- 1-1.5 lbs chicken tenders or boneless chicken breasts
- 2 large eggs

Dairy

- 6-8 slices provolone or white American cheese
- 1 cup shredded Monterey Jack cheese
- 2 cups shredded cheddar cheese (1 cup regular + 1 cup low fat)
- 1 cup low-fat mozzarella cheese
- 2-3 slices mozzarella cheese
- ¼ cup grated Parmesan cheese

Spices & Seasonings

- 1 tsp + 1 tsp garlic powder
- 3 tsp garlic powder total
- 2 tsp paprika total
- 1 tsp salt
- 1½ tsp salt total
- 1½ tsp black pepper total
- 1 tsp cumin
- 1 tsp chili powder
- ½ tsp onion powder
- ¼ tsp chili flakes
- BBQ seasoning
- All-purpose chicken seasoning

Optional

- Sour cream
- Guacamole
- Extra salsa
- Grated Parmesan (finishing touch)
- Lemon wedges
- Chopped cilantro
- Balsamic glaze

Produce

- 1 large sweet onion
- 1½ onions total
- 2 bell peppers
- 2 peaches, thinly sliced
- 5 sweet potatoes total
- 1 large head broccoli (about 4 cups florets)
- 1 tomato, diced
- 1 avocado, diced
- ~3-4 cloves garlic total
- ½ cup fresh basil, chopped
- 1 tbsp fresh thyme
- Juice of ½ lemon

Grains

- 12-count package Hawaiian sweet rolls or slider buns
- 6 large flour tortillas
- 1 cup flour
- 1 cup panko breadcrumbs

Pantry

- ~8-9 tbsp olive oil total (olive or avocado oil acceptable where noted)
- 1 tbsp Worcestershire sauce
- ½ cup salsa
- ¼ cup diced green chilies
- 2 tbsp honey
- 2 tbsp balsamic vinegar
- 2 tbsp ketchup
- ¾ cup BBQ sauce
- Cooking spray or melted butter
- Olive oil spray