

On the Menu

Monday

Lemon Skillet Chicken

Tuesday

Grilled Salmon Bowls

Wednesday

Italian Beef Sandwiches

Thursday

BBQ Mini Meatballs Dinner

Friday

Family Style Smash Burgers

Weekend

Grocery List

Protein

- 1¼ lbs boneless, skinless chicken breasts
- 4 salmon filets
- 3 lb chuck roast
- 1½ lbs ground chicken
- 2 lbs lean ground beef

Dairy

- ½ cup shredded Parmesan cheese
- 8 slices provolone cheese
- 10 slices American cheese
- 2 tbsp milk
- ¼ cup plain Greek yogurt
- 2 tbsp butter, melted
- 1 egg

Grains

- 1½ cups jasmine rice
- 5 soft hoagie rolls
- 10 slider buns
- ½ cup panko breadcrumbs

Pantry

- ~8-10 tbsp olive oil total
- 1 can full-fat coconut milk
- 1 cup water
- 2 cups low-sodium beef broth
- ~5½ tbsp Worcestershire total
- 2 tbsp pepperoncini juice
- 6-8 pepperoncini peppers
- ¾-1 cup BBQ sauce
- ¼ cup mayonnaise
- 2 tbsp ketchup
- 1 tbsp mustard
- 1 tbsp pickle relish
- Store-bought mango salsa

Produce

- 1 small sweet onion, sliced
- 1 medium yellow onion, sliced
- ~1½ onions total
- 2 medium zucchini
- 1 red bell pepper, sliced
- 2 bell peppers total
- 2 medium sweet potatoes
- 6 cloves garlic total
- Zest of 1 lemon
- 2 tbsp fresh lemon juice
- Zest & juice of 1 lime
- Fresh basil
- Diced avocado
- Fresh cilantro

Spices & Seasonings

- 6½ tsp Italian seasoning total
- 3½ tsp garlic powder total
- 2 tsp onion powder total
- 2 tsp smoked paprika total
- 3¼ tsp salt total
- 2 tsp black pepper total
- ½ tsp crushed red pepper flakes

Optional Toppings

- Lime wedges
- Sliced cucumber
- Jalapeño
- Shredded cabbage
- Shaved Parmesan
- Extra pepperoncini
- Arugula with lemon juice & olive oil
- Shredded lettuce
- Pickles
- ¾ cup crispy fried onions
- Cooked bacon