

For Breakfast

Breakfast Burritos

Carrot Cake Muffins

For Lunch

Turkey Ranch Pinwheels

Chicken Salad

For a Treat

Heavenly Hunk Bars

For Dinner

Monday

Steak Tostadas

Tuesday

Lemon Parmesan Chicken
& Summer Squash Skillet

Wednesday

Grilled Garlic Parmesan
Chicken

Thursday

Garlic Butter
Steak Bites Dinner

Friday

Summer Citrus
Carnitas

Grocery List

Breakfast Burritos

- 2 cups frozen tater tots (baked or air fried until crispy)
- 8 large eggs
- ¼ cup cottage cheese, blended smooth
- Kosher salt and freshly ground black pepper, to taste
- 8 flour tortillas (8-inch, soft taco size)
- 1 cup shredded cheddar or Colby Jack cheese
- *Sausage Options (choose one):*
 - 8 chicken breakfast sausage links, casing removed
 - 1 lb ground breakfast sausage (pork or turkey)
 - Fully cooked breakfast sausage crumbles
 - Breakfast chorizo (for a spicier version)

Chicken Salad

- 1 rotisserie chicken or 4 cups diced, cooked chicken
- 2 cups seedless red grapes, halved
- 2-3 celery sticks cut in halves lengthwise then sliced
- 1/2 medium red onion, chopped
- 1 cup pecans, or walnuts, coarsely chopped
- 1/2 cup olive oil or avocado oil based mayo
- ½ cup cottage cheese
- 2 Tbsp lemon juice
- 2 Tbsp dill, finely chopped
- 2 TBS fresh parsley
- A few celery leaves from the celery sticks you used
- 1/2 tsp salt, or to taste
 - 1/2 tsp black pepper

Carrot Cake Muffins

- 1 cup all-purpose flour
- 1 cup white whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1½ tsp cinnamon
- ¼ tsp nutmeg
- 2 large eggs
- ½ cup olive oil
- ½ cup pure maple syrup
- ¼ cup brown sugar or coconut sugar
- ¾ cup plain Greek yogurt
- 1 tsp vanilla extract
- 1½ cups finely grated carrots (lightly packed)
- ¾ cup flour
- ½ cup brown sugar or coconut sugar
- 1½ tsp cinnamon
- Pinch salt
- 5 tbsp melted butter
- *Optional Cream Cheese Drizzle:*
 - 2 oz cream cheese, softened
 - 2 tbsp Greek yogurt
 - 2-3 tbsp powdered sugar
 - Splash milk (to thin)
 - ¼ tsp vanilla

Turkey Ranch Pinwheels

- 1 can of premade pizza dough
- 2 cups finely shaved turkey lunch meat
- 1 ½ cups mild cheddar cheese, shredded
- 1 large carrot diced finely
- Ranch seasoning, or ranch dressing

Heavenly Hunk Bars

- 1 ½ cups quick oats
- 1 ½ cups oat flour
- ¾ cup coconut flakes
- 2 tbsp coconut or brown sugar
- 2/3 cup pure maple syrup
- 1/2 cup coconut oil
- 1/2 cup cashew butter
- ¾ cup mini chocolate chips

Dinner Grocery List

Protein

- 3-3½ lbs boneless pork shoulder (or pork butt steaks)
- 1.5-2 lbs sirloin or ribeye
- 1.5 lbs boneless, skinless chicken breasts or thighs
- 1½ lbs boneless, skinless chicken breasts
- 1-1¼ lbs flank steak or skirt steak

Grains

- Flour or corn tortillas
- 8 tostada shells

Pantry

- ~8-9 tbsp oil total
- 1 cup mild salsa
- ½ cup low-sodium chicken broth
- 1 cup refried beans
- 1-2 tbsp water (to loosen beans)

Spices/Seasonings

- 2 tsp kosher salt
- 2¾ tsp kosher salt total
- 2 tsp black pepper total
- 5 tsp Italian seasoning total
- 3½ tsp garlic powder total
- ½ tsp onion powder
- 2½ tsp cumin total
- 2 tsp chili powder total
- 1½ tsp dried oregano total
- 1 tsp paprika
- Seasoned salt
- Salt & pepper, to taste

Produce

- ~2¼ onions total
- 1.5-2 lbs Yukon Gold potatoes
- 2 medium zucchini
- 1 medium yellow squash
- 3 cups cherry/grape tomatoes total
- 1 bunch asparagus
- 1 cup shredded romaine lettuce
- ½ avocado, sliced
- Juice of 1 orange
- Juice of 2½ limes (2 whole + ½ lime)
- Zest of 1 lemon
- 2 tbsp fresh lemon juice
- 17-19 cloves garlic total
- Fresh cilantro
- Fresh parsley or chives

Optional Toppings

- Fresh thyme or rosemary
- Squeeze of lemon
- Chopped parsley
- Fresh basil
- Red pepper flakes
- Splash of balsamic vinegar
- Shredded cheese (for carnitas)
- Fresh cilantro
- Diced white onion
- Sliced avocado
- Lime wedges

Dairy

- Shredded Monterey Jack, Oaxaca, or quesadilla cheese
- ½ cup grated Parmesan cheese
- ⅓-½ cup shredded Parmesan cheese
- Freshly grated Parmesan or shredded cheddar
- ½ cup crumbled Cotija (or feta)
- 6-7 tbsp butter total