

On the Menu

Monday

Memphis Style Grazing Board

Tuesday

Grilled Peach Jalapeño Chicken

Wednesday

Italian Sausage Ragu with Pappardelle

Thursday

Pineapple Chicken Teriyaki

Friday

Steak Quesadillas

Saturday

Sunday

Grocery List

Protein

- 2 packages smoked sausage or beef sausage links
- 1-2 lbs chicken wings
- 2½-3 lbs boneless, skinless chicken breasts
- 1 lb fresh Italian pork sausage
- 1½-2 lbs chicken breast
- 1-1.25 lbs shaved beef steak

Dairy

- 8 oz sharp cheddar cheese, cubed
- 8 oz Colby Jack cheese, cubed
- 1½-2 cups shredded Mexican blend & mozzarella cheese
- Freshly grated Parmesan, for serving
- Ranch dressing, for serving

Spices/Seasonings

- 2 tsp kosher salt total
- 1½ tsp black pepper total
- 2 tsp smoked paprika total
- 2 tsp garlic powder total
- 1 tsp Italian seasoning
- 1-1½ tsp taco seasoning
- ¼ tsp ground nutmeg
- ½ tsp sea salt
- 1 tsp sugar or honey
- BBQ seasoning or Memphis-style dry rub (1-2 tsp)

Optional

- Pickle spears
- Pickled okra
- Banana peppers
- Canned jalapeños
- Pinch of red pepper flakes
- Jalapeño, finely diced
- ¾ cup fat-free refried beans

Produce

- 3-4 cups crinkle-cut watermelon sticks
- 1 pint cherry tomatoes
- 3 ripe peaches, diced
- 2 ears fresh sweet corn (about 1½ cups kernels)
- 2 shallots, finely diced
- 2 sweet onions total
- 2 bell peppers total (1½ red/orange + 1 green)
- 1 fresh pineapple, chunked
- 1 jalapeño, finely diced (optional)
- 4 cloves garlic, minced/grated
- ⅓ cup fresh cilantro, chopped
- ¼ cup fresh parsley, chopped
- Juice of 2½ limes

Grains/Pasta

- 1 large bag ridged kettle chips
- 10 oz dried pappardelle pasta
- 6-8 flour tortillas

Pantry

- ~7-8 tbsp oil total
- ⅓ cup peach preserves
- 3 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp tomato paste
- 15 oz can whole peeled plum tomatoes
- ⅓ cup water
- Teriyaki sauce
- Gold BBQ sauce
- Classic BBQ sauce
- Butter or olive oil spray (for griddle)