

On the Menu

Monday

Baked Chicken Tacos

Tuesday

Chicken Sausage and Zucchini Orzo

Wednesday

Memphis Style Grazing Board

Thursday

Crispy Beef Noodles

Friday

Pull-Apart Pizza Bread

Saturday

Sunday

Grocery List

Protein

- 1 lb ground beef (or ground turkey/chicken)
- 13 oz package sweet Italian chicken sausage
- 2 smoked sausage kielbasas
- 1½ lbs thin-cut sirloin steak
- ½ lb ground Italian sausage
- 4 oz mini pepperoni
- 1 large egg

Dairy

- 2 cups shredded cheddar or Mexican blend cheese
- 1¼ cups grated Parmesan total
- 2½ cups shredded whole milk mozzarella cheese
- 4 cups cubed cheeses (cheddar, Swiss, Colby Jack assortment)
- 4 tbsp unsalted butter, melted

Spices

- 1 packet mild taco seasoning
- 1½ tsp Italian seasoning
- ½ tsp garlic powder
- 1½ tsp kosher salt total
- ½ tsp + to taste black pepper
- ¼ tsp black pepper (optional)
- ¼ tsp white pepper (optional)
- 2 tbsp ranch dressing powder
- 2 tbsp red pepper flakes
- 1 tsp cayenne pepper
- Salt & pepper, to taste

Optional Toppings

- Sour cream
- Guacamole
- Mild hot sauce
- Freshly sliced jalapeños
- Sesame seeds

Produce

- ~3½ onions total
- 2 medium zucchini, diced
- About 3 bell peppers, thinly sliced
- ½ cup diced tomatoes
- ½ cup diced red onion
- 1 cup shredded lettuce
- ¼ cup fresh cilantro, chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh ginger, grated
- 9-10 cloves garlic total
- Sliced green onions
- Freshly sliced jalapeños (optional)

Grains

- 10 small taco shells (flour or corn)
- 1½ cups dried orzo
- 4 packages instant wheat noodles (or ramen-style noodles)
- 1 box Saltine crackers
- 1 package (24-count) Rhodes Dinner Rolls

Pantry

- ~1¼ cups oil total
- 3 cups chicken or vegetable broth
- ½-¾ cup mild salsa
- 3 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 2 tbsp tomato paste
- ¼ cup no-sugar-added or reduced-sugar ketchup
- ¼ cup sweet chili sauce
- 2 tbsp coconut sugar
- 1 tsp toasted sesame oil
- Rendezvous BBQ sauce
- Gold BBQ sauce
- Warm marinara sauce, for serving