

On the Menu

Monday

Taco Skillet

Tuesday

30 Minute Italian Sausage Ragu with Pappardelle

Wednesday

Easy Sheet Pan Chicken & Potatoes

Thursday

Black Pepper & Garlic Chicken

Friday

BBQ Chicken Tostadas

Saturday

Sunday



Grocery List

Protein

- 1 lb lean ground beef (or ground turkey)
- 1 lb fresh Italian pork sausage
- 1½ lbs chicken (breast or thighs)
- 1½ lbs boneless, skinless chicken breasts
- 1 rotisserie chicken or 3 cups leftover grilled chicken

Dairy

- 1 cup shredded cheddar or Mexican blend cheese
- Low-fat shredded mozzarella or cheddar cheese
- Freshly grated Parmesan, for serving

Seasonings

- 2 tbsp taco seasoning
- 1 tsp Italian seasoning
- 1½ tsp chili powder
- 1 tsp paprika
- ½ tsp cumin
- ½ tsp garlic powder
- 1½ tsp salt total
- 2 tsp black pepper total
- 1 tsp kosher salt
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger
- Salt & pepper, to taste

Frozen

- Frozen corn (if using instead of fresh)

Produce

- ~2½ onions total
- 3 zucchini total
- 1 red bell pepper, chopped
- 4 celery stalks
- 1 lb baby potatoes
- ~2½ cups corn total
- 1 pint cherry tomatoes, halved
- 7 cloves garlic total
- ¼ cup fresh parsley, chopped

Grains

- 1½ cups cooked rice
- 10 oz dried pappardelle pasta
- Tostadas

Pantry

- 3-4 tbsp olive oil total
- Drizzle avocado oil
- 1 (10 oz) can diced tomatoes with green chilies (Rotel)
- 1 (15 oz) can pinto beans
- 1 tbsp tomato paste
- 1 (15 oz) can whole peeled plum tomatoes
- ½ cup water
- 1 tsp sugar or honey
- ½ tsp honey
- 2 tbsp mayonnaise
- 1 tbsp cornstarch
- ¼ cup chicken broth
- ¼ cup low-sodium soy sauce
- 1 tbsp rice vinegar
- BBQ sauce

Optional Toppings

- Chopped cilantro
- Diced avocado
- Sour cream
- Hot sauce
- Avocado
- Fresh jalapeños
- Chopped green onions