

On the Menu

Monday

Cheesy Chicken Enchiladas

Tuesday

Lemon Boursin Chicken Pasta

Wednesday

One-Pot Old Fashioned Goulash

Thursday

Ground Chicken Wonton Tacos

Friday

Grilled Savory Sheet Pan Nachos

Saturday

Sunday

Grocery List

Protein

- 2½ lbs ground beef (or 1½ lbs ground beef + 2 cups rotisserie chicken if using chicken for nachos)
- 1 lb ground chicken
- 1-1½ lbs boneless, skinless chicken breast
- 2 cups diced or shredded rotisserie chicken

Produce

- 1½ onions total
- ½ red onion, finely diced
- 1 green bell pepper, diced
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- 4 green onions, thinly sliced
- 8 cloves garlic total
- 1 tsp fresh ginger, minced
- 1 (14 oz) bag coleslaw mix
- Zest of 1 lemon
- Juice of ½-1 lemon
- Fresh basil, chopped
- Fresh cilantro, chopped
- Lime wedges, for serving

Pantry/Condiments

- 3 tbsp + additional olive oil
- ½ can refried beans
- 1 can black beans
- 1 cup salsa
- 1 (10 oz) can Rotel
- 1 (15 oz) can tomato sauce
- 1 (15 oz) can petite diced tomatoes
- 1½ cups chicken broth
- 3 cups low-sodium beef broth
- ½-¾ cup reserved pasta water
- 2 tbsp Worcestershire sauce
- 2 tbsp hoisin sauce
- 2 tbsp sesame oil
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp honey
- Sweet chili sauce

Dairy

- 1 cup plain Greek yogurt
- ½ cup sour cream
- 3 cups shredded Mexican blend/cheddar cheese
- ½-¾ cup shredded low-moisture mozzarella
- ½ cup grated Parmesan
- ½ cup prepared queso
- 1 package Boursin Garlic & Herb cheese
- 1 tbsp butter

Grains

- 8 whole grain tortillas
- 1 lb pasta (penne, rigatoni, or rotini)
- 2¼ cups uncooked elbow macaroni
- 16 wonton wrappers
- 1 bag sturdy tortilla chips
- 2 tbsp flour

Spices & Seasonings

- 2 tbsp + 1 packet taco seasoning
- 1 tsp garlic powder total
- ½ tsp cumin
- ½ tsp paprika
- 2 tsp Italian seasoning
- 1 tsp seasoned salt
- 1 tsp kosher salt
- ½ tsp + additional black pepper
- Sesame seeds, for garnish
- Salt & pepper, to taste

Optional Toppings

- 1 small jalapeño, sliced
- 1 cup shredded cheddar cheese
- ½ tsp smoked paprika
- Fresh parsley
- Chopped cilantro
- Sliced avocado or guacamole
- Sour cream or Greek yogurt
- Salsa or pico de gallo
- Lime wedges