

On the Menu

Monday

Sheet Pan Fajitas

Tuesday

Chicken Parmesan Pasta

Wednesday

Creamy Chicken Rice-A-Roni

Thursday

Crispy Sweet Beef Noodles

Friday

Sheet Pan Nachos

Saturday

Sunday

Grocery List

Protein

- 3 lbs boneless, skinless chicken breasts or thighs
- 12 oz (4 links) precooked Italian chicken sausage
- 1½ lbs thin-cut sirloin steak
- 1 lb lean ground turkey (or ground beef/chicken)
- 1 large egg

Produce

- 8 bell peppers total
- ~4½ onions total
- 6 cloves garlic total
- 1 tbsp fresh ginger, grated
- Juice of 1 lime
- Fresh cilantro, chopped
- Fresh parsley
- Green onions, sliced
- Shredded iceberg lettuce
- Jalapeños

Dairy

- 2 cups Mexican blend cheese
- ½ cup shredded mozzarella
- ¾ cup Parmesan total
- ½ cup milk
- Cotija cheese

Pantry

- 9-10 tbsp oil total
- 1 (28 oz) jar marinara sauce
- 1 (14 oz) can diced tomatoes (or 1 cup cherry tomatoes)
- 28 oz vegetable broth
- 2 cups low-sodium chicken broth
- 1 (10.5 oz) can cream of chicken soup
- 1 (10.5 oz) can cream of mushroom soup
- ½ cup cornstarch
- 3 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 2 tbsp tomato paste
- ¼ cup ketchup
- ¼ cup sweet chili sauce
- 2 tbsp coconut sugar
- 1 tsp toasted sesame oil
- ½ cup salsa
- ½ can refried beans

Spices/Seasonings

- 2 tbsp taco seasoning
- 1 tbsp Italian seasoning
- 1 tsp cumin
- 1 tsp paprika
- ½ tsp chili powder
- 1 tsp garlic powder total
- ½ tsp onion powder
- ½ tsp salt
- 1 tsp kosher salt
- 1 tsp black pepper total
- Sesame seeds

Grains

- Flour or corn tortillas
- 10 oz dry pasta of choice
- 2 boxes Chicken Rice-A-Roni
- 4 packages instant wheat/ramen-style noodles
- Tortilla chips of choice

Frozen

- 1 (12 oz) bag frozen peas & carrots

Optional Toppings

- Guacamole
- Sour cream
- Salsa
- Shredded cheese
- Lime wedges
- ¼ tsp white pepper
- Freshly sliced jalapeños