

On the Menu

Monday

Chicken Parmesan Meatballs

Tuesday

Cheesy Chicken Sausage Orzo Skillet

Wednesday

Chicken & Bean Tostadas

Thursday

Sesame Chicken

Friday

French Bread Pizzas

Saturday

Sunday

Grocery List

Protein

- 1 lb ground chicken
- 12 oz fully cooked chicken sausage
- 1 rotisserie chicken, shredded
- 1½ lbs boneless, skinless chicken breasts or thighs
- 1 large egg

Dairy

- ½ cup grated Parmesan cheese
- ¾-1 cup sharp cheddar cheese
- Shredded cheese (cheddar, Monterey Jack, or blend)
- 1½ cups shredded mozzarella cheese

Spices & Seasonings

- 1 tbsp Italian seasoning
- ½ tsp salt
- ½ tsp + additional black pepper
- Salt & pepper, to taste
- 1 tbsp sesame seeds
- Italian seasoning or dried oregano

Optional Toppings

- Shredded lettuce
- Sour cream or Greek yogurt
- Avocado slices
- Jalapeños
- Chopped cilantro
- Lime
- Green onions
- Extra sesame seeds

Your Favorite Pizza Toppings

Some ideas are...

- Pepperoni
- Bell peppers
- Olives
- Mushrooms
- Cooked sausage
- Spinach

Produce

- 2 tbsp + ½ small yellow onion → ~¾ small onion total
- 5 cloves garlic, minced
- 2 cups broccoli florets
- Zest of ½ lemon
- 1 tsp fresh ginger, grated (or ½ tsp ground ginger)
- Steamed broccoli or snap peas
- Fresh pico de gallo or salsa
- Fresh basil, if desired

Grains

- ½ cup Italian breadcrumbs
- 1 cup dry orzo
- Tostada shells
- Cooked rice
- 1 loaf French bread

Pantry

- 3 tbsp + 1 tbsp + 2-3 tbsp olive/cooking oil → 6-7 tbsp oil total
- 1 (28 oz) jar San Marzano tomatoes (or diced tomatoes)
- 1 (24 oz) jar marinara sauce
- 3 cups chicken broth
- Refried beans
- ½ cup + 1 tbsp cornstarch or arrowroot starch
- ¼ cup low-sodium soy sauce
- ¼ cup honey
- 2 tbsp ketchup
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tbsp water
- 1 cup pizza sauce or marinara