

On the Menu

Monday

Creamy Butternut Squash Pasta

Tuesday

Cheesy Chicken Enchiladas

Wednesday

Marry Me Chicken Meatballs

Thursday

Chicken & Veggie Stir Fry

Friday

Flat Bread Pizzas

Saturday

Sunday

Grocery List

Protein

- 14-16 oz (5 links) precooked sweet Italian chicken sausage
- 3 cups shredded rotisserie chicken
- 1 lb ground chicken
- 1½ lbs boneless, skinless chicken breasts
- 1 large egg

Dairy

- 1 cup Greek Yogurt
- 1½ cups Parmesan
- 1½ cups shredded Mexican-blend cheese
- Shredded mozzarella, cheddar & Parmesan (for naan pizzas)

Seasonings

- 2 tbsp taco seasoning
- 2 tsp Italian seasoning total
- ½ tsp dried thyme
- 1 tsp garlic powder total
- ½ tsp onion powder
- 1¼ tsp kosher salt total
- ¾ tsp black pepper + additional
- Kosher salt, to taste

Frozen

- 1 (12 oz) bag frozen steam-in-bag butternut squash

Optional Toppings

- Red pepper flakes
- Extra Parmesan
- Lime wedges
- Fresh cilantro
- Green onions
- Sesame seeds

Produce

- 2 large carrots, matchstick cut
- 1 yellow or white onion, thinly sliced
- 1 red bell pepper, thinly sliced
- ½ bunch asparagus (about 1 cup)
- 1 zucchini, matchstick cut
- 5 oz fresh baby spinach
- 10 cloves garlic total
- 1 tsp fresh ginger, grated
- 1-2 tsp fresh lemon juice

Grains

- 12 oz farfalle pasta
- 8 medium flour tortillas
- ½ cup panko breadcrumbs
- 3 tbsp + 2 tbsp all-purpose flour → 5 tbsp flour total
- Naan bread (full-size and/or minis)

Pantry

- 6 tbsp olive oil total
- 1 tbsp sun-dried tomato oil
- 4¼ cups chicken broth total
- 4 (10 oz) cans enchilada sauce
- 1 cup refried beans
- ½ cup salsa
- 2 tbsp cornstarch
- ¼ cup low-sodium soy sauce
- 2 tbsp honey
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- Marinara (for naan pizzas)

Optional Pizza Toppings

- Pesto
- BBQ sauce
- Turkey pepperoni
- Roasted red bell peppers
- Leftover grilled vegetables (onions, mushrooms, bell peppers)