

On the Menu

Monday

Mini Beef Meatballs

Tuesday

Chicken Chimichangas

Wednesday

Crispy Honey Garlic Chicken

Thursday

Orange Beef Bowls

Friday

Detroit-Style Pizza

Saturday

Sunday



Grocery List

Protein

- 1½ lbs lean ground beef (93/7)
- 2 cups cooked shredded rotisserie chicken
- 1½-2 lbs chicken tenderloins
- 1 lb flank steak or sirloin
- 5 oz pepperoni
- 3 large eggs

Dairy

- 1½ cups Parmesan total
- ⅓ cup + ½ cup milk → ⅔ cup milk total
- 1 cup + 4 oz Monterey Jack cheese
- 1 cup shredded cheddar cheese
- 8 oz low-moisture whole-milk mozzarella
- 3 tbsp butter

Seasonings

- 1½ tsp italian seasoning
- 2¼ tsp garlic powder
- 1¼ tsp onion powder
- 1¼ tsp paprika
- 1 tsp cumin
- 1 tsp chili powder
- 2 tsp salt
- ½ tsp black pepper
- ½ tsp white pepper
- Salt & pepper, to taste

Optional Toppings

- Fresh parsley
- Fresh basil
- Extra Parmesan
- Sour cream
- Guacamole
- Extra salsa
- Flaky sea salt
- Green onions
- Sesame seeds

Produce

- ¼ cup yellow onion, finely grated
- 8 cloves garlic, minced
- 1 inch fresh ginger, grated
- ½ cup fresh orange juice
- Zest of 1 orange
- 3-4 sprigs fresh thyme
- Green onions
- Sliced cucumber
- Shredded cabbage or slaw mix
- Steamed or sautéed vegetables (broccoli, snap peas, green beans, edamame, carrots, etc.)

Grains

- ½ cup panko breadcrumbs
- 12 oz anelli, anellini, or other small ring pasta
- 6 large flour tortillas
- 4 cups cornflakes
- Cooked rice or rice noodles
- 12 Rhodes Dinner Rolls

Pantry

- 4 tbsp olive oil
- Olive or avocado oil spray
- 1 (6 oz) can tomato paste
- 1 (15 oz) can tomato sauce
- 4 cups low-sodium beef broth
- ~¾ cup + 1½ tbsp honey total
- ½ cup salsa
- ¼ cup diced green chilies
- ~6 tbsp soy sauce
- 2 tbsp coconut sugar
- ¼ cup rice vinegar
- 3 tbsp cornstarch or arrowroot starch
- ¾ cup thick pizza sauce
- Cooking spray or melted butter