On the Menu

Monday

Skillet Enchiladas

Tuesday

Chicken Bruschetta Pasta

Wednesday

Honey Dijon Walnut Crusted Chicken Meatballs

Thursday

Chili and Cornbread

Friday

Honey Garlic Chicken Sliders

Saturday

Sunday

Grocery List

Protein

- 3 lbs ground chicken
- 3½–4 lbs boneless, skinless chicken breasts
- 1 lb lean ground beef or turkey
- 1 large egg

Produce

- ~2 onions total
- 1 green bell pepper, diced
- 1 large carrot, diced
- 12–13 cloves garlic total
- 5–6 cups broccoli florets
- 1 tbsp + additional fresh parsley
- Fresh cilantro, for topping
- Fresh basil, for serving
- Zest of 1½ lemons
- 4 tsp lemon juice total
- Lime wedges, for serving
- Dill pickle chips

Seasoning/Spices

- 2 tbsp taco seasoning
- 1 tsp + 1 tsp + 1 tsp Italian seasoning/oregano → 3 tsp total
- 1 tsp garlic powder
- ½ tsp onion powder
- 2½ tbsp chili powder
- 2 tbsp ground cumin
- 1 tsp paprika
- ¾ tsp + 1 tsp + ½ tsp + 1½ tsp kosher salt/salt → 3¾ tsp total
- ½ tsp + ¼ tsp + additional black pepper → ¾ tsp + additional
- 1 chicken bouillon cube

Optional Toppings

- Avocado or guacamole
- Additional Greek yogurt or sour cream
- Additional Parmesan
- Additional milk
- Chopped California walnuts
- Hot honey

Dairy

- ½ cup plain Greek yogurt or sour cream
- 1½ cups shredded Mexican-blend cheese
- 2¼ cups grated Parmesan
- 1 cup shredded mozzarella
- 6 tbsp milk total
- 5 tbsp butter
- ½ cup shredded cheddar cheese
- 9 slices provolone cheese

Grains & Pasta

- 6 small corn tortillas
- 12 oz spaghetti
- 1 cup panko breadcrumbs
- 1½ cups dry orzo
- 1 box Jiffy cornbread mix
- 18 pretzel slider rolls

Pantry/Condiments

- 5½–6½ olive oil tbsp total
- Olive oil cooking spray
- 2 (10 oz) cans red enchilada sauce
- 1½ jars DeLallo Tomato Bruschetta
- ½–¾ cup reserved pasta water
- 1½ cups California walnuts
- 3 cups chicken broth
- ½ cup + 2 tbsp honey total
- 1 tbsp Dijon mustard
- 1–2 tsp warm water
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can red kidney beans
- 1 (15 oz) can pinto beans
- 1 (8 oz) can tomato sauce
- 2 cups beef broth
- ½ cup low-sodium soy sauce
- 3 tbsp tomato paste
- 1½ tbsp rice vinegar
- 2 tbsp cornstarch