On the Menu

Monday

Garlic Herb Roast Chicken Skillet

Tuesday

One-Pot Old Fashioned Goulash

Wednesday

BBQ Chicken Power Bowls

Thursday

Sausage & Veggie Orzo Bake

Friday

Sheet Pan Pull-Apart Pizza Bread

Saturday

Sunday

Grocery List

Protein

- 6 (2-2½ lbs) bone-in, skin-on chicken thighs
- 1½ lbs lean ground beef
- 1½-2 lbs boneless, skinless chicken breasts
- 1 lb Amylu Italian chicken sausage
- ½ lb ground Italian sausage
- 4 oz mini pepperoni

Dairy

- 2 tbsp + 4 tbsp butter → 6 tbsp butter total, plus extra for green beans and rolls
- ¼ cup milk
- ⅓ cup + ½ cup plain Greek yogurt → ⅚ cup total
- ¾ cup + ⅓ cup + 2 tbsp grated Parmesan → 1¼ cups Parmesan total
- 2½ cups shredded whole-milk mozzarella

Pantry

- 1 tbsp + 1 tbsp + 2 tbsp + 2 tbsp + 2 tbsp olive oil → 8 tbsp (½ cup) total
- ¾ cup + ¼ cup + 2½ cups chicken broth → 3½ cups total
- 3 cups low-sodium beef broth
- 1 (15 oz) can tomato sauce
- 1 (15 oz) can petite diced tomatoes
- 1 cup + 2-3 tbsp BBQ sauce
- 2 tbsp + 1-2 tsp Worcestershire sauce
- 2-3 tbsp apple cider vinegar
- 1-2 tsp honey
- Canned green beans
- Warm marinara sauce, for dipping

Grains & Pasta

- 2¼ cups uncooked elbow macaroni
- 1½ cups dry orzo
- 1 package (24 rolls) Rhodes Dinner Rolls
- Warm dinner rolls (additional, for serving)

Produce

- 1 large sweet onion
- 1 medium yellow onion
- 1 shallot
- 1 green bell pepper
- 5-6 large carrots
- 1½ lbs baby Yukon Gold potatoes
- 3 large russet potatoes
- 2 medium zucchini
- 1½ cups cherry tomatoes
- 1 (14-16 oz) bag coleslaw mix
- 13-14 cloves garlic, minced
- 2 sprigs fresh rosemary
- 3 sprigs fresh thyme
- 1 tbsp fresh lemon juice
- Squeeze of lime
- 2 tbsp fresh parsley, chopped

Seasonings

- 1 tsp + 1 tsp + ½ tsp + ½ tsp + ½ tsp garlic powder → 3½ tsp total, plus more for green beans
- 1 tsp + ½ tsp onion powder → 1½ tsp total
- 1 tsp + ½ tsp paprika → 1½ tsp total
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 2 tsp + 1 tsp + 1½ tsp Italian seasoning → 4½ tsp total
- 1 tsp seasoned salt
- 1 tsp + 1 tsp + 1 tsp + ½ tsp kosher salt → 3½ tsp total
- 1 tsp + ½ tsp + additional salt → 1½ tsp + additional
- ½ tsp + ½ tsp + ½ tsp + ¼ tsp black pepper → 1¾ tsp total, plus to taste

Frozen

- 1 package (24 rolls) Rhodes frozen dinner rolls (if purchased frozen)

Optional Toppings

- ½ tsp smoked paprika
- 1 cup freshly shredded cheddar cheese
- Fresh parsley, for garnish
- Extra butter for serving