

MONDAY



SKILLET ROSEMARY LEMON CHICKEN

TUESDAY



CHEESY TACO PASTA BAKE

WEDNESDAY



HONEY SRIRACHA SALMON

THURSDAY



SLOW COOKER TURKEY QUINOA CHILI

FRIDAY



CHILI LIME CHICKEN FAJITA SALAD



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 6 tbs. olive oil
- 1 tsp. brown sugar
- salt and pepper
- 3/4 tsp. red pepper flakes
- 2 + 1/2 tsp. cumin
- 1 tbs. + 1 tsp. chili powder
- 1/2 tsp. smoked paprika
- 2 tbs. honey
- 1 tsp. garlic powder
- 2 tsp. chipotle chili powder

PRODUCE

- 13 cloves garlic
- 8oz. sliced mushrooms
- 3 lemons
- 4 sprigs rosemary
- 1/3 cup lime juice
- 2 tbs. fresh cilantro
- 1 yellow bell pepper
- 1 red bell pepper
- 3 onions
- 5 cups romaine lettuce
- 3 avocados
- 2 tbs. scallions
- 1 tbs. grated ginger
- 2 large sweet potatoes

DAIRY & REFRIGERATED ITEMS

- 4 oz. cream cheese
- 1 + 1/2 cups shredded cheddar
- 1 cup shredded pepper jack
- 1/4 cup sour cream

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 6 chicken thighs (bone-in, skin-on)
- 4 boneless, skinless chicken thighs
- 1 lb. lean ground beef
- 4 wild caught salmon filets
- 1 lb. ground turkey

GRAINS, LEGUMES & PASTA

- 12 oz. penne pasta
- 1 cup quinoa

CANNED & JARRED GOODS

- 1 (14.75 oz.) can creamed corn
- 1 cup tomato sauce
- 1 (10 oz.) can enchilada sauce
- 1 tbs. rice vinegar
- 1 (28 oz.) can crushed tomatoes
- 1 (14.5 oz.) can diced tomatoes
- 1 (15 oz.) can kidney beans
- 1 (4 oz.) can mild green chiles
- 1/4 cup soy sauce
- 1 tbs. sriracha
- 1 (15 oz) can black beans
- 3 cups chicken stock

MISCELLANEOUS ITEMS

- 1/4 cup white wine
- Tortilla strips for garnish
- 1 + 1/2 tsp. sesame oil
- 1 (12 oz) beer