

MONDAY



ONE POT CHICKEN AND DIRTY RICE

TUESDAY



TURKEY TACO QUINOA SKILLET TACOS

WEDNESDAY



HONEY MUSTARD CHICKEN BACON AVOCADO SALAD

THURSDAY



OVEN BAKED PORK CHOPS AND POTATOES

FRIDAY



BBQ STEAKHOUSE SANDWICH



## GROCERY LIST

### ITEMS YOU PROBABLY HAVE IN STOCK

olive oil  
salt and pepper

1/4 tsp. red pepper flakes  
2 tbs. brown sugar

### PRODUCE

1 lemon	1 bunch parsley	2 red onions
2 onions	4 cloves garlic	1 1/2 lb. baby potatoes
1 jalapeno pepper	4 cups romaine	8 pieces ruffled green lettuce
2 celery stalks	1 cup cherry tomatoes	1 bunch cilantro
1 avocado	1 bunch green onions	

### DAIRY & REFRIGERATED ITEMS

4 tbs. favorite hummus  
1/3 cup sour cream  
1 cup shredded cheese (cheddar/Monterey Jack)

### FROZEN FOOD ITEMS

3/4 cup corn kernels, thawed

### MEAT, POULTRY, PORK & SEAFOOD

4 bone-in, skin-on chicken thighs	4 slices bacon	1 (1-lb.) flank steak
1 link andouille sausage	1/2 lb. ground turkey	
4 boneless, skinless chicken breasts	4 bone-in pork chops	

### GRAINS, LEGUMES & PASTA

1 cup long-grain rice  
1/2 cup quinoa

### CANNED & JARRED GOODS

2 1/4 cups chicken stock	1 (15-oz.) can black beans	2 tbs. ketchup
1 tsp. apple cider vinegar	1 (14.5-oz.) can fire-roasted tomatoes	1 tbs. soy sauce
3 tbs. whole grain mustard	1/4 cup jarred salsa	4 tbs. bbq sauce
2 tbs. dijon mustard	1 tsp. worcestershire sauce	1/3 cup honey
1 (4-oz.) can mild diced green chiles		

### MISCELLANEOUS ITEMS

2 tsp. chili powder	1/2 tsp. dried onion
1 tsp. cumin	1 tsp. cayenne
1 tsp. garlic powder	1/2 tsp. dried oregano
1 1/2 tsp. paprika	8 slices marbled rye bread