

MONDAY



29g

Minestrone Soup

Tip:

Don't toss in pasta too early or it will soak up too much broth and become mushy.

TUESDAY



40g

Baked Chicken Tacos

Tip:

Use precooked shredded chicken, a rotisserie chicken, or make a batch.

WEDNESDAY



34g

Grilled Shrimp Salad

Tip:

Use large shrimp or try a grill basket or skewers if using an outdoor grill.

THURSDAY



15g

Stuffed Onions

Tip:

Don't pack the filling tightly; leave space in each roll for the rice to expand as it bakes.

FRIDAY



26g

Chicken Parmesan Pasta

Tip:

Cook pasta al dente to prevent overcooking while melting the cheese before serving.

SNACK/DESSERT



7g

Cheese Crisp

Tip:

With 4 crisps per serving, you can decide how much protein you want to snack on!

Produce

- yellow onions (6 large)
- red onion (1)
- garlic bulb (1)
- celery (1 bunch)
- carrots (2 large)
- zucchini (1)
- green beans (8 oz bag)
- romaine lettuce (1 head)
- persian cucumbers (2)
- roma tomatoes (2)
- cherry tomatoes (1 pint)
- avocado (1)
- limes (2)

Fresh Herbs *optional*

- cilantro (1 small bunch)
- parsley (1 bunch)

Refrigerated

Dairy

- greek yogurt (16 oz tub)
- sour cream (8 oz tub)
- feta cheese (4 oz tub)
- shredded mexican cheese blend (8 oz bag)
- shredded mozzarella cheese (8 oz bag)
- shredded cheddar cheese (8 oz bag)
- parmesan cheese (8 oz wedge)

Frozen

- corn (12 oz bag)

Meat/Seafood

- ground beef (1 lb)
- boneless skinless chicken breasts (1 lb)
- shredded chicken (*3 cups or 1 1/2 lbs more chicken breasts*)
- large shrimp (1 lb)

Pantry

- olive oil (1 bottle)
- penne pasta (16 oz box)
- ditalini pasta (16 oz box)
- short-grain rice (1 lb bag)
- low-sodium vegetable broth (2 - 32 oz boxes)
- crushed tomatoes (28 oz can)
- kidney beans (15 oz can)
- cannellini beans (15 oz can)
- diced green chiles (4.5 oz can)
- tomato paste (6 oz can)
- marinara sauce (24 oz jar)
- pomegranate molasses (sm bottle)
- honey (sm bottle)
- cooking spray (1 can)
- taco shells (1 box)

Bakery

na

Spices

- dried thyme
- oregano
- bay leaves
- taco seasoning
- smoked paprika
- garlic powder
- chili powder
- italian seasoning
- 7 spice
- coriander

Ingredient notes

* This ingredient can be used for many more recipes!
 ** You may have this staple on hand