

MONDAY



Spaghetti with Meatballs

Tip:

Go for ground beef that's 85-90% lean for juicy, flavorful meatballs.

TUESDAY



Mexican Street Tacos

Side dish ideas:

- [Street Corn Salad](#)
- [Cilantro Lime Rice](#)

WEDNESDAY



Salmon Fish Sticks

Tip:

Use a wire rack on the baking sheet to help the air circulate and get all the sides crispy!

THURSDAY



Ground Chicken Burgers

Side dish ideas:

- [Grilled Sweet Potatoes Wedges](#)
- [Broccoli Slaw](#)

FRIDAY



Grilled Pizza

Tip:

Preheat your grill and make sure it is super hot so that it mimics a pizza oven!

SNACK/DESSERT



Banana Pudding Cups

Tip:

To make the pudding extra smooth, strain it through a fine mesh sieve.

Produce

- yellow onion (1 medium)
- red onion (1 medium)
- garlic bulb (1)
- lettuce (1 head)
- tomato (1 large)
- limes (2)
- bananas (4 ripe)

Fresh Herbs *optional*

- fresh parsley (1 bunch)
- fresh cilantro (1 bunch)
- fresh basil (1 small clamshell)

Refrigerated

Dairy

- large eggs (1 dozen)
- grated Parmesan cheese (5 oz container)
- sliced mozzarella cheese (16 oz package)
- whole milk (1 quart)
- whipped cream *for serving*

- pizza dough (1 lb)

Frozen

n/a

Meat/Seafood

- ground beef, 85–90% lean (1 lb)
- skirt steak (1 lb)
- salmon fillet (1 ½ lb)
- ground chicken (1 lb)

Pantry

- olive oil or avocado oil**
- avocado oil cooking spray
- spaghetti (1 lb box)
- marinara sauce (25 oz jar)
- tomato sauce (sm can or jar)
- salsa (16 oz jar)
- Chosen Foods Everything Sauce (sm bottle)
- mayonnaise**
- maple syrup (sm bottle)
- Italian breadcrumbs (15 oz container)
- panko breadcrumbs (8 oz box)
- vanilla wafers (11 oz box)
- all-purpose flour**
- cornstarch**

Bakery

- corn tortillas (8-count package)
- hamburger buns (8-count package)

Spices

- Italian seasoning
- chili powder
- ground cumin
- oregano
- paprika
- garlic powder
- pizza seasoning
- crushed red pepper

Ingredient notes

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