

MONDAY

**Veggie Burger****Side dish ideas:**

- Onion Ring Chips
- Red Cabbage Slaw

TUESDAY

**Ground Beef Burritos****Tip:**

Don't skip browning the outside! It helps the cheese melt and keeps the tortilla together.

WEDNESDAY

**Lemon Chicken Orzo****Tip:**

Gently pound the chicken if needed to ensure even cooking and prevent drying out.

THURSDAY

**Shrimp Scampi with Zoodles****Tip:**

Zoodles using spiralizer helps create the perfect low-carb substitute for pasta!

FRIDAY

**Air Fryer Chicken Tenders****Side dish ideas:**

- Sauteed Broccoli
- Mac and Cheese

SNACK/DESSERT

**Mini Banana Muffins****Tip:**

Double the batch for the freezer! Great for lunch boxes and after-school snacks.

Produce

yellow onions (2)
garlic (1 bulb)
mushrooms (8 oz package)
red bell pepper (1)
baby spinach (5 oz container)
zucchini (3)
lemons (2)
ripe bananas (2)

Fresh Herbs *optional*

n/a

Bakery

large flour tortillas (8-count package)
burger buns, *for serving*

Refrigerated**Dairy**

unsalted butter (1 stick)
large eggs (dozen)
whole milk (1 quart)
Greek yogurt (5.3 oz cup)
shredded Mexican cheese blend (8 oz bag)
grated Parmesan cheese (5 oz container)

Frozen

n/a

Meat/Seafood

ground beef (1 lb)
boneless skinless chicken breasts (1½ lb)
large shrimp, peeled and deveined (2 lb)
chicken tenders (1½ lb)

Pantry

olive oil or avocado oil
olive oil cooking spray (5 oz can)
red wine vinegar *

low-sodium chicken broth (32 oz carton)
low-sodium vegetable broth (32 oz carton)
orzo pasta (16 oz box)
white rice (1 lb bag)
black beans (2 15 oz cans)
tomato paste (6 oz can)
chipotle peppers in adobo sauce (7 oz can)
rolled oats (18 oz container)
panko breadcrumbs (8 oz container)
walnuts (8 oz bag)
light brown sugar (2 lb bag)
all-purpose flour (5 lb bag)
vanilla extract (2 oz bottle)
baking soda (16 oz box)

Spices

ground coriander
garlic powder
chili powder
Mexican oregano
cumin
Italian seasoning
paprika
crushed red pepper
onion powder
mustard powder, optional
cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand