

Greek Quinoa Salad  
BBQ Chicken  
Classic Taco Night  
Citrus Chicken Salad  
Summer Veggie Pasta  
Barbeque Chicken Pizza  
BLTs  
Simple Sloppy Joes  
[Garlic Herb Chicken Salad](#) (Pinch of Yum)  
Grilled chicken Sausage and Veggies  
Greek Chickpea Chopped Salad  
One-pot Chicken Parmesan  
Pepperoni pizza rollups  
[Fish Tacos](#) w/ [Lime Cumin Slaw](#) (Budget Bytes)



*Meat 54.41*

13.98 2 pounds organic chicken breast (6.99/lb x 2)  
 8.99 1.5 pounds organic chicken thighs (5.99/lb)  
 12.98 2 pounds organic grass-fed beef (6.49/lb)  
 4.99 Simple Truth Uncured Hickory Smoked Bacon  
 4.99 Aidells Chicken and Apple Sausage  
 3.99 Cod  
 4.49 Applegate pepperoni

*Produce 42.20*

\$0.45 Red Onion  
 \$0.50 Navel Orange  
 \$1.00 (4) Cuties/mandarins (4 x \$.25)  
 \$1.98 (2) Organic Cucumbers (\$0.99 x 2)  
 \$3.98 (2) Organic Iceberg Lettuce Heads (\$1.99 each)  
 \$2.49 3-pound bag organic yellow onions  
 \$2.58 (2) Organic Green Pepper (\$1.29 x 2)  
 \$0.80 Organic Yellow Squash (\$1.99/lb)  
 \$0.60 Organic Zucchini Squash (\$1.99/lb)  
 \$3.18 2 lbs Org. Sweet Potatoes (\$1.59/lb)  
 \$1.25 Organic tomato  
 \$1.52 (4) Organic Roma Tomatoes (\$1.99/lb)  
 \$2.49 Simple Truth Org. Grape Tomatoes  
 \$2.37 Green Cabbage (\$0.79/lb)  
 \$2.99 Simple Truth Organic Living Lettuce  
 \$1.29 1 lb-Simple Truth Organic Carrots  
 \$3.99 3 lbs. Simple Truth Org. Yellow Potatoes  
 \$0.50 Garlic  
 \$0.50 Lime  
 \$1.38 (2) Lemons (2 X \$0.69)  
 \$1.99 Organic basil  
 \$1.59 Organic Parsley  
 \$1.49 Organic Cilantro  
 \$1.29 Organic Green onions

*Dairy 19.45*

\$6.98 2 6 oz-bags Simple Truth Org. Mozzarella Cheese (\$3.49 x 2)  
 \$3.49 Simple Truth Org. Mexican Cheese  
 \$4.99 Simple Truth Organic Feta Cheese  
 \$3.99 Simple Truth Organic Parmesan Cheese

*Pantry 18.53*

\$2.69 Organic Blue Corn Taco Shells  
 \$1.39 Simple Truth Org. Angel Hair Pasta  
 \$1.39 STO Whole Wheat Penne Rigate Pasta  
 \$2.49 Kroger Pitted Kalamata Olives  
 \$4.29 Simple Truth Organic Quinoa  
 \$2.29 Simple Truth Organic Marinara Sauce  
 \$1.99 Simple Truth Organic Pizza Sauce  
 \$1.00 Simple Truth Org. Garbanzo Beans  
 \$1.00 Simple Truth Organic Black Beans

*Bread/Bakery 8.97*

\$2.99 Simple Truth Organic Wheat Bread  
 \$2.99 Simple Truth Organic Whole Wheat Hamburger Buns  
 \$2.99 Organic Corn Tortillas

*Frozen 4.28*

\$2.29 10-ounce bag Simple Truth Organic frozen broccoli florets  
 \$1.99 10-bag STO frozen corn

Total: 147.84

*Pantry Staples Needed*

Olive Oil/ avocado oil and or/ghee  
 Red Wine Vinegar  
 Balsamic Vinegar  
 Barbecue sauce  
 Cane sugar  
 Walnuts (or almonds)  
 Oregano  
 Italian seasoning  
 Cumin  
 Garlic Powder  
 Paprika  
 Cayenne Powder  
 Salt  
 Pepper  
 Mayo  
 Ketchup  
 Yellow mustard  
 Dijon Mustard  
 Yeast



*Greek Quinoa Salad*

1 cup Quinoa, rinsed  
 2 cups water or stock (veggie or chicken)  
 ½ large organic Cucumber, cut into small chunks  
 ½ c kalamata olives  
 1 cup organic grape Tomatoes, sliced in half  
 2 T Red Onion, diced  
 3 T Olive Oil  
 3 T Red Wine Vinegar  
 2 tsp Italian Seasoning  
 Salt  
 Pepper  
 Feta cheese for serving

1. Cook quinoa according to package directions
2. In large bowl, combine olive oil, red wine vinegar, Italian seasoning, salt, and pepper. Add in cucumber, olives, tomato, and red onion. Toss to coat evenly.
3. Add cooked quinoa and top with feta cheese, if desired.

*BBQ Chicken Sheet Pan*

One pound chicken thighs  
 ½ cup BBQ Sauce  
 1 small onion, cut into chunks  
 ½ Squash cut into chunks  
 ½ Zucchini cut into chunks  
 1½ pound organic yellow potatoes, diced into ½ chunks  
 Olive oil  
 ½ tsp Salt  
 Pinch of pepper

1. Preheat oven to 400 degrees.
2. Cut chicken in about 4-5 equal portions. Coat with barbeque sauce.
3. Coat veggies with olive oil, salt and pepper.
4. Arrange chicken, potatoes, squash, zucchini and onions on extra-large sheet pan.
5. Cook for about 20 minutes, or until chicken reaches an internal temperature of 165 degrees.

*Taco Night*

1 pound organic, grass-fed beef  
 1 onion, diced  
 1 can organic black beans  
 1 box Simple truth organic taco shells  
 1 tomato, diced  
 Shredded lettuce, for serving  
 6 oz organic Colby jack or bag shredded Mexican cheese

1. Heat taco shells according to package directions.
2. Heat large skillet to medium high and brown beef thoroughly, about 5-6 minutes.
3. Add onion and cook until translucent, about 2-3 minutes.
4. Add black beans and cook until heated through.
5. Build tacos as desired.



*Citrus Chicken Salad*

(1/2 pound Chicken (About 2 cups)  
 1 Head of organic iceberg Lettuce, cut  
 2 cups shredded cabbage  
 1/2 large organic cucumber  
 1/2 cup shredded carrots  
 4 mandarin oranges, separated into segments  
 Dressing:  
 2 T olive oil/ avocado oil  
 2 T fresh orange juice  
 1 T honey  
 2 tsp Dijon mustard  
 1/2 tsp minced garlic  
 Dash of salt  
 Dash of black pepper

1. Combine dressing ingredients in a large jar with lid and shake vigorously until combined. (or give a couple of quick pulses with an immersion blender.
2. Combine lettuce, cabbage, cucumber, shredded carrots, and chicken and toss together.
3. Add orange segments and drizzle with dressing.

*Summer Veggie Pasta*

1 pound organic Spaghetti  
 1 onion, cut into 1 inch chunks  
 1 Green Pepper, cut into 1-inch chunks  
 1/2 Squash, cut into 1-inch chunks  
 1/2 zucchini, cut into 1-inch chunks  
 3 cloves garlic, minced  
 Olive oil  
 Ghee or Butter  
 Salt  
 Pepper

1. Cook pasta according to package directions.
2. While pasta is cooking, heat two tablespoons of olive oil in large skillet. Add onion and cook till translucent (about 3-4 minutes)
3. Add in green peppers, zucchini, and squash, salt and pepper and cook about 3-4 more minutes.
4. Add in garlic and cook for about 1 minute and remove from heat.
5. Add in remaining tablespoon of olive oil and butter.
6. Drain pasta and toss with veggies.

*BBQ Chicken Pizzas*

2 cups cooked chicken  
 1/2 cup BBQ sauce  
 1/4 c red onion, cut into thin slices  
 1 6-ounce bag mozzarella cheese  
 1 Simple Truth Organic pizza crust

1. Spread thin layer of barbeque sauce on pizza crust(s).
2. Top with chicken and sliced onion. Sprinkle on cheese.
3. Bake 10-12 minutes, until cheese is melted.



*BLTs*

12-ounce package bacon  
 Lettuce  
 1 large tomato, sliced  
 1 loaf of bread  
 Mayo for serving

1. Cook bacon according to package instructions.
2. Toast bread, slather with mayo if desired.
3. Pile on the lettuce, sliced tomatoes and bacon. Enjoy!

## Sweet Potato Fries:

1 pound organic sweet potatoes  
 1 T olive oil  
 ½ tsp garlic powder  
 ½ tsp paprika  
 ½ tsp salt  
 Pinch of pepper

1. Preheat oven to 400 degrees.
2. Cut sweet potatoes into equal-sized sticks, about ¼-½-inch thick.
3. Coat evenly with oil. Arrange with plenty of space on an extra-large sheet pan. Sprinkle on spices.
4. Bake about 15 minutes and flip over, baking about 10-15 more minutes, depending on desired doneness.

## Simple Sloppy Joes

1 pound organic, grass-fed beef  
 1 onion, diced  
 ½ cup ketchup  
 2 T yellow mustard  
 1 tsp garlic powder  
 1 pkg hamburger buns

1. Brown ground beef in a large skillet. Add onions and cook about 2-3 minutes more, until translucent.
2. Add in ketchup, mustard, and garlic powder. Cook until sauce is slightly thickened.
3. Serve on toasted buns.

## Optional sides: roasted potatoes and broccoli

1.5 pounds organic gold potatoes, cut into ½-inch chunks  
 Olive oil  
 ½ tsp salt  
 Pinch of pepper  
 1 bag STO frozen broccoli

1. Preheat oven to 375 degrees.
2. Coat potatoes and broccoli with oil and spread out evenly on sheet pan. Sprinkle salt and pepper on top.
3. Roast for about 30 minutes, checking closely for doneness in last five minutes. If you like your potatoes crispy, don't move them around pan during cooking time.



[Healthy Garlic Herb Chicken Salad](#) (Pinch of Yum)*Salad Base:*

2 cups cooked mixed brown rice and quinoa (I use the pre-cooked Seeds of Change mix)  
 2 cups cooked chicken, chopped (store-bought rotisserie chicken works like a charm)  
 2 cups tomatoes, chopped

*Creamy Basil Dressing:*

1/2 cup walnuts (can sub almonds)  
 3/4 cup olive oil  
 1/2 cup water  
 1/2 cup basil  
 1/2 cup parsley  
 1 clove garlic  
 juice of two lemons  
 1 teaspoon salt

## Full recipe:

<https://pinchofyum.com/healthy-chicken-salad>

*One-Pot Chicken Parmesan Penne Pasta*

1 pound organic chicken breasts, cut into bite-sized chunks.  
 1 25 ounce jar Simple truth organic marinara sauce  
 1 onion, diced  
 1/2 cup Parmesan cheese  
 1 pound Simple Truth organic penne pasta

1. Heat a large stockpot on medium to medium high heat. Add in a drizzle of olive oil. Add chicken and cook about 5-6 minutes, until they are starting to get some brown on them. Remove from pot and set aside.
2. Add onion and cook until translucent, about 2-3 minutes.
3. Pour in jar of pasta sauce. Fill up jar with water and add to pot.
4. Add pasta and turn heat to high. Cook about 20 minutes.
5. Turn down heat and return chicken to pan. Slowly stir in parmesan. Serve immediately.

*Greek Chickpea Chopped Salad*

1 15-oz can Simple Truth Organic Garbanzo Beans  
 1 head living lettuce  
 1 cup organic grape tomatoes, sliced  
 1/2 c kalamata olives  
 2 t diced red onions  
 1/2 organic cucumber, diced  
 Dressing:  
 3 T Olive oil  
 3 T Red wine vinegar  
 1 tsp. Italian seasoning  
 1/4 tsp salt  
 1/8 tsp black pepper  
 Feta cheese for topping

1. Mix ingredients for dressing in a large jar with lid and shake vigorously until well mixed. Set aside.
2. Chop salad and add to large bowl.
3. Add in chickpeas, tomatoes, olives, onions, and cucumber and mix together.
4. Divide into bowls and top with dressing.



*Grilled chicken Sausage and Veggies*

12 ounces Chicken and apple sausage  
 1 organic green pepper  
 1 pound organic sweet potatoes, cut into ½-inch chunks  
 1 onion, cut into chunks  
 2 T Olive Oil/ Ghee  
 ½ tsp salt

1. Preheat oven to 350 degrees.
2. Arrange sweet potatoes, onions, and peppers onto large sheet pan. Coat with avocado oil, salt and pepper.
3. Bake about 15 minutes. Take out pan and move veggies around a bit. Add sausage and return to oven.
4. Bake about 15 more minutes, checking closely in last few minutes to ensure the veggies don't burn. Sausage should reach internal temperature of 165 degrees.

*Pepperoni Pizza Rollups*

Dough:

1 (.25 ounce) package active dry yeast  
 1 teaspoon white sugar  
 1 cup warm water (110 degrees F/45 degrees C)  
 1 1/2 cups all-purpose flour  
 1 tablespoon olive oil  
 1 teaspoon salt

Pizza:

1 pkg pepperoni  
 1 cup marinara/ pizza sauce  
 1.5 cups mozzarella cheese  
 1-2 cups veggies

1. Preheat oven to 450 degrees.
2. Dissolve yeast and sugar in a bowl of warm water and let stand about 10 minutes.
3. Mix in flour, salt and oil and beat until smooth.
4. Let rest for about five minutes.
5. Lightly flour flat surface and shape dough into a large rectangle.
6. Spread sauce over dough and sprinkle on veggies and cheese.
7. Gently roll from end to end.
8. Cut into 2 inch slices (like you would cinnamon rolls) Arrange on extra-large baking sheet.
9. Bake for 10-12 minutes.
10. Let rest about 5 minutes before serving.



*[Fish Tacos](#) w/ [Lime Cumin Slaw](#) (Budget Bytes)*

*Tacos*

8 small corn tortillas  
2 white fish filets (about 2/3 lb. total)\*  
2 tsp mild chili powder  
salt  
1 Tbsp vegetable oil  
1 cup frozen corn kernels, thawed  
1/2 batch [Cumin Lime Coleslaw](#)  
1/4 bunch fresh cilantro (optional)

*Slaw:*

1/2 cup mayonnaise  
2 Tbsp fresh lime juice (about 1/2 lime)  
1 tsp ground cumin  
1/2 tsp salt  
pinch cayenne pepper  
1 tsp sugar  
1/2 head green cabbage (about 1.25 lbs or 6 cups shredded)  
2 carrots  
1/2 bunch green onions

<https://www.budgetbytes.com/cumin-lime-coleslaw/>

## Work smarter, not harder tips, possible shortcuts

-If you don't want to make homemade sweet potato fries, Alexia has a frozen of sweet potato fries or tots that are less than \$3.00. Simple Truth does as well.

-If you don't want to make your own pizza crust, Annie's Organic (the one with the bunny) makes organic crescent rolls for \$3.99/pkg. Simply roll out, spread with pizza sauce, toppings, and cheese, roll into a log and cut in 12 even sections. Bake according to package instructions.

-Bake entire pound and a half of chicken thighs with barbeque sheet pan, and save two cups of chicken for the barbeque chicken pizzas later in the week.

-Cook enough quinoa for both the Greek Quinoa Salad and Garlic Herb Chicken Salad.

