

Sheet Pan Chicken Fajitas

Spinach and Mushroom Pasta

Kielbasa, Potatoes and Cabbage (Instant Pot)

Sheet Pan [Mini Meatloaves](#), Roasted Potatoes, and Green Beans (Budget Bytes)

White Bean and Spinach Soup

BBQ Chicken Thighs (Instant Pot) Baked Sweet Potatoes, and Quick Rice

Choose Your Own Pizza Adventure Night



SHOPPING LIST

MEAT (\$24.96)

- \$6.99 1-pound Simple Truth Organic chicken breasts
- \$5.99 1-pound Simple Truth Organic chicken thighs
- \$6.99 1-pound Simple Truth Organic grass-fed ground beef
- \$4.99 12-ounce Simple Truth natural pork kielbasa

PRODUCE (\$18.09)

- \$2.99 3-pound STO Russet potatoes
- \$1.98 2 pounds sweet potatoes
- \$1.99 1-pound organic fresh spinach
- \$2.79 STO baby bella mushrooms
- \$2.37 Cabbage (\$0.79/pound)
- \$0.50 Garlic bulb
- \$2.49 3-pound bag organic onions
- \$0.99 1 organic green bell pepper
- \$1.99 1 organic red, yellow, or orange bell pepper

PANTRY (\$30.82)

- \$1.99 32-ounce carton STO chicken broth
- \$1.29 15-ounce can STO green beans
- \$2.00 (2) 15-ounce cans STO Great Northern beans
- \$2.69- STO 90-second rice (any variety)
- \$2.99 STO Barbeque Sauce (any variety)
- \$1.39 STO Angel Hair Pasta
- \$4.98 (\$2.49 x 2) 2 pkgs STO Wheat Tortillas
- \$3.49 STO Take and bake multigrain bread loaf
- \$10- Pizza Ingredients (See Recipe Notes)

DAIRY

- \$4.99 STO Parmesan jar

TOTAL: \$78.86 (\$11.26/dinner full price)

PANTRY (CHECK YOUR CUPBOARD/FRIDGE)

- Avocado or olive oil
- 2 large eggs
- ¼ cup breadcrumbs
- ¼ butter
- ¼ cup milk
- ½ tsp smoked paprika
- 1 ¼ tsp garlic powder
- 2 tsp chili powder
- 1 ½ tsp ground cumin
- 1 tsp ground paprika
- 2 tsp Italian seasoning
- salt
- pepper



RECIPES

Sheet Pan Chicken Fajitas

1-pound chicken breast, cut into strips
 1 green pepper, cut into strips
 red, yellow, or orange pepper, cut into strips
 1 onion, cut into strips
 2 Tbsp avocado or olive oil
 2 tsp chili powder
 1 1/2 tsp ground cumin
 1 tsp ground paprika
 1 tsp garlic powder
 Salt and pepper to taste
 Tortillas for serving

1. Preheat oven to 350 degrees
2. Mix spices together in a small bowl.
3. Arrange chicken and veggies on a large sheet pan and lightly coat with olive or avocado oil.
4. Sprinkle spices over chicken and veggies.
5. Bake for about 20 minutes, or until internal temperature of chicken reaches 165 degrees.
6. Serve with tortillas.

Spinach Mushroom Pasta

1 pound STO angel hair pasta
 8 ounces baby bella mushrooms
 1/2 onion, diced
 5-6 cloves garlic, minced
 3-4 cups spinach, torn into pieces
 1/4 cup unsalted butter
 1/4 cup Parmesan cheese
 1/4 cup milk (any unsweetened, unflavored variety is fine)
 Salt and pepper to taste

1. Start cooking pasta according to package instructions.
2. While pasta is cooking, heat about a tablespoon of avocado or olive oil over medium heat in a large skillet.
3. Add and cook about 4-5 minutes. Add mushrooms and cook another 3-4 minutes.
4. Don't forget about your pasta. Stop and drain if necessary.
5. Add garlic to pan and heat through, about a minute. Turn your heat to low
6. Add cooked pasta to pan. Fold in spinach and stir in milk and cheese.
7. Sprinkle with salt and pepper and serve immediately.



Kielbasa, Potato, and Cabbage (Instant Pot)

12-ounce pkg kielbasa sausage, sliced into rounds
 1.5 pound potatoes (Russet, gold, red)
 ½ head cabbage, roughly chopped
 1 onion, diced
 2 tsp garlic powder
 Salt and pepper to taste

Instant Pot Directions

1. Sauté the sausage rounds until slightly browned on each side. Add the onion and cook about 2-3 minutes, until slightly translucent.
2. Turn off heat, add about a cup of water and scrape up all the little bits stuck to the bottom, stirring to blend.
3. Add in potatoes and cabbage.
4. Sprinkle with garlic powder.
5. Seal lid and set pressure to manual for 10 minutes. You can carefully quick release or wait for pressure to come down naturally. Open lid and sprinkle with salt and pepper to taste.
6. Serve immediately. If you find there's a lot of liquid in the bottom, just use a slotted spoon to scoop out. (We like a big glob of grainy or Dijon mustard on top, or maybe some "chow chow" if you're into that sort of thing.)

Sheet Pan [Mini Meatloaves](#), Roasted Potatoes, and Green Beans (Budget Bytes)

Meatloaves:

1 pound organic, grass-fed ground beef
 2 large eggs
 ¼ cup breadcrumbs
 6 Tbsp BBQ sauce, divided
 1/2 tsp smoked paprika
 1/4 tsp garlic powder
 ½ tsp salt

1.5 pounds organic potatoes (use other half bag of what you got for the kielbasa meal)

1 15-ounce can organic green beans

Full recipe: (Beth at Budget Bytes has NEVER steered me wrong in the kitchen 😊)
<https://www.budgetbytes.com/sheet-pan-bbq-meatloaf-dinner/>

NOTE: I used regular potatoes in place of sweet potatoes in her full recipe, and green beans in place of broccoli, but feel free to sub in whatever veggies you please!



White Bean and Spinach Soup

2 15-ounce cans organic Great Northern or cannellini beans, drained and rinsed
 1 32-ounce carton organic chicken stock
 1 onion, diced
 3-4 cups spinach, torn into pieces
 5 cloves garlic, minced
 2 tsp Italian seasoning
 Salt and pepper to taste
 Optional: Parmesan cheese for topping

1. In medium-large stockpot, sauté onion in a bit of olive or avocado oil.
2. Add in garlic and cook about a minute. Pour in stock and beans. Bring to light boil and then reduce heat to a simmer. Add in spinach and stir around till it's wilted (you may choose to cover to speed this up).
3. Sprinkle in salt and pepper to taste.
4. Serve with crusty bread (on shopping list) or a salad (not on shopping list)

BBQ Chicken Thighs, Baked Sweet Potatoes, Quick Rice

1-pound organic chicken thighs
 ½ cup barbeque sauce
 ½ cup water
 1.5 pounds of sweet potatoes (however many family members you are cooking for)
 1-2 packages of 90-second organic rice and quinoa side (only 1 on shopping list, but pick up another if you're a carb-loving family)

1. Preheat oven to 400 degrees.
2. Wash and wrap baked potatoes in foil and place in preheated oven. Cook for about 30 minutes, or until they can be easily pierced with a fork. (The fatter the potato, the longer it will take to cook)
3. Add ½ cup water and ½ cup bbq sauce to Instant Pot.
4. Place chicken on trivet insert (not totally necessary, can be placed on bottom)
5. Seal Instant Pot and cook on manual pressure for 20 minutes. If you have time, let pressure come down naturally. Barbeque thighs shred very easily, and that's how my kids prefer them served. They soak up the rest of the sauce that's in the pan this way too.
6. Cook rice according to package instructions.

Choose Your Own Pizza Night

You can choose to buy the Simple Truth Organic Frozen pizzas, or get Simple Truth Organic Pizza crusts and top and bake yourself, or make your own crust and pizzas. We'll put as \$10- Pizza ingredients in shopping list and just add in what you plan to go with there. Here are some of the price breakdowns:

1-\$9.98

\$4.99 x 2 Simple Truth Frozen Organic Pizza (several varieties)



2-\$10.07

\$4.79 2 pack Simple Truth Organic pizza crusts

\$1.79 Simple Truth Organic pizza sauce

\$3.49 6-ounce bag Simple Truth Organic shredded mozzarella cheese

3-\$9.27 Total + toppings

\$3.99 Simple Truth Organic Gluten Free Pizza Crust Mix

\$1.79 Simple Truth Organic pizza sauce

\$3.49 6-ounce bag Simple Truth Organic shredded mozzarella cheese

