

**SUNDAY**-BBQ Chicken Thighs w Coleslaw and Baked Beans

**MONDAY**-Chickpea Hummus Wraps

**TUESDAY**-Taco Salads

**WEDNESDAY**- Italian Sausage, Peppers, and Cauliflower Gnocchi Sheet Pan

**THURSDAY**-Garlic Butter Turkey w/ Cauliflower Skillet (Eat Well 101)

**FRIDAY**- Korean Beef Bowls (Well Plated)

**SATURDAY**-Pizza Night

### **SHOPPING LIST**

#### **MEAT \$28.65**

\$5.69 1 lb organic ground turkey  
 \$5.99 1 pound organic ground beef  
 \$5.99 1 pound organic ground beef  
 \$4.99 1 pound organic chicken thighs  
 \$5.99 1 12-ounce pkg organic Italian sausage

#### **PRODUCE \$22.20**

\$3.49 1/2 head cauliflower, sliced into florets  
 \$1.99 12-ounce bag organic coleslaw  
 \$1.00 1 head garlic (4-pack)  
 \$0.99 Onion  
 \$0.99 red onion  
 \$3.49 2 pack organic bell peppers (any color)  
 \$2.99 mini organic cucumbers (6-pack)  
 \$3.49 1 pint organic grape/cherry tomatoes  
 \$1.69 Scallions  
 \$1.59 Ginger  
 \$0.49 lemon

#### **BAKERY**

\$2.79 1 pkg handmade tortillas

#### **REFRIGERATED**

\$2.99 Organic hummus

#### **DAIRY**

\$3.49 Organic Feta cheese

#### **PANTRY \$10.13**

\$0.99 1 15-ounce can organic chickpeas (garbanzo beans)  
 \$0.99 1 15-ounce can organic black beans  
 \$0.99 1 15-ounce can organic baked beans  
 \$2.49 1 24-ounce jar organic marinara sauce  
 \$2.49 organic salsa  
 \$1.19 black olives

#### **FROZEN \$8.68**

\$2.69 12-ounce cauliflower gnocchi  
 \$5.99 Frozen family-size organic three-cheese pizza

TOTAL: \$78.93 / \$11.28/night

#### **PANTRY ITEMS NEEDED**

2 tablespoons oil  
 1 tablespoon lemon juice  
 3 tablespoons butter  
 1 tablespoon onion powder  
 1/4 cup low-sodium soy sauce (or coconut amino, for Paleo)  
 2 tablespoons sriracha)  
 2 tablespoons sesame oil  
 Fresh chopped cilantro (or parsley)  
 Red chili pepper flakes  
 3 tablespoons low sodium soy sauce  
 1/2 c BBQ sauce  
 2 tablespoons rice vinegar  
 2 tablespoons honey  
 1 tablespoon sesame oil — plus additional to taste



**RECIPES:****BBQ Chicken, slaw, baked beans**

1 pound organic chicken thighs  
 1 pkg organic coleslaw  
 ½ c BBQ Sauce  
 1 can organic baked beans

1. Add chicken thighs to Instant Pot insert. Add one cup of water. Cook on high pressure 20 minutes.
2. While chicken is cooking, prepare slaw according to package instructions.
3. When chicken is done, quick or natural release (depending on how much time you have).
4. Carefully drain off most of the water. Either use two forks to shred or grab your hand mixer and shred chicken. Add barbecue sauce and stir to coat.
5. Heat beans in small saucepan on stove.

**Chickpea Hummus wraps**

1 15-ounce can organic chickpeas  
 2-3 mini cucumbers, diced  
 2 Tbsp red onion, diced  
 ½ c black olives  
 ½ pint organic cherry/grape tomatoes  
 1 pkg handmade tortillas  
 1 container hummus  
 Feta for topping, optional

1. Drain and rinse chickpeas.
2. Mix olive oil, red wine vinegar, and spices in medium bowl. Add chopped veggies and chickpeas.
3. Assemble wraps with a layer of hummus, then veggies.
4. Top with feta, if desired and serve immediately.

**Taco Rice Bowls**

1 pound organic ground beef  
 1 can black beans  
 1 jar organic salsa  
 1 tsp cumin  
 1 tsp chili powder  
 1 tsp garlic powder  
 ½ tsp salt  
 Pepper to taste

1. Brown ground beef in large skillet. Add spices and heat through another minute.
2. Add black beans and half jar of salsa.
3. While beef is cooking, heat rice in microwave.
4. Carefully add cooked rice to skillet.
5. Sprinkle in cheese.
6. Serve with additional salsa and avocado.



**Italian Sausage, Peppers, Cauliflower Gnocchi Sheet Pan**

12-ounce package organic Italian chicken sausage

1 onion, sliced

1 organic bell pepper, sliced

1 ½ cups organic marinara sauce

12-ounce frozen cauliflower gnocchi

Olive oil

1. Heat oven to 350 degrees.
2. Arrange peppers, onion, and gnocchi on large sheet pan. Drizzle with olive oil and a sprinkle of salt and toss to coat.
3. Add sausage to pan.
4. Bake about 15-20 minutes, until sausage reaches 165 degrees and peppers and onions are tender.
5. Add marinara to sheet pan and toss to coat.
6. Serve immediately.

**Garlic Butter Turkey w/ Cauliflower Skillet** (Eat Well 101)

1 lb organic ground turkey

1/2 head cauliflower, sliced into florets

2 Tbsp avocado/olive oil

1 Tbsp lemon juice

3 Tbsp butter

2 Tbsp garlic, minced

1 Tbsp onion powder

1/4 cup low-sodium soy sauce (or coconut aminos, for Paleo)

2 Tbsp sriracha

2 tsp sesame oil

Fresh chopped cilantro (or parsley)

1/4 c water

Red chili pepper flakes

Lemon slices, for garnish

FULL RECIPE:

**Korean Beef Bowls** (Well Plated)

1 pound organic ground beef

3 tablespoons low sodium soy sauce

1 1/4 cups minced scallions

1 tablespoon minced garlic — about 3 cloves

2 tablespoons rice vinegar

2 tablespoons honey

2 tablespoons minced or finely grated fresh ginger

¼ teaspoon red pepper flakes

1 tablespoon sesame oil

FOR SERVING

Cooked brown rice (Frozen on list)

OPTIONAL: quick-pickled carrots/cucumbers



***Pizza Night***

1 frozen family-size three-cheese pizza

Optional: Serve with leftover veggies and hummus.

