

Sunday-[Crispy Chicken Nuggets](#) (Whole New Mom), Roasted Sweet Potato Wedges & Zucchini Spears

Monday-[One-Pot Cheesy Chicken Parm Pasta](#)

Tuesday-Family-style Taco Night

Wednesday-Family Style Mac & cheese, roasted broccoli, mandies

Thursday-Salmon Cakes, Roasted Carrots, Green Beans

Friday-Mini cheeseburgers, roasted sweet potatoes, pineapple

Saturday-Build-Your-Own Pizza Night

GROCERY LIST

MEAT 22.16

5.29 (2) lbs organic ground beef (5.29 x 2)
5.79 (2) lbs organic chicken breast (5.79 x 2)

PRODUCE 11.23

2.49 3-pound bag mandies
1.99 3-pound bag sweet potatoes
1.59 2-pound bag yellow onions
0.89 3-pack garlic
.89 1 medium zucchini
1.39 organic baby carrots
1.99 pineapple

DAIRY/ REFRIDGERATED 10.99

1.99 shredded parmesan
2.25 Simply Nature Organic Colby jack sliced cheese
2.25 Mexican blend organic shredded cheese
2.25 Simply Nature Organic mozzarella cheese
2.25 Simply Nature Organic mozzarella cheese

PANTRY/INSIDE AISLES 20.06

1.09 16-ounces organic penne pasta
1.89 Simply Nature Organic marinara
1.89 Simply Nature Organic marinara
1.89 Simply Nature organic salsa
2.59 Simply Nature Organic family-style mac and cheese (NOTE: If you're feeding more than 3 people, grab 2 boxes of mac and cheese to be safe 😊)

0.89 15-ounce can organic black beans
1.99 organic tortilla chips
2.79 Simply Nature exotic vegetable chips
1.59 hamburger buns (slider-size if available)
3.99 8-pack mini naan

FROZEN 7.77

3.99 16-ounce bag wild-caught salmon
1.89 16-ounce bag Simply Nature Organic frozen broccoli florets
1.89 16-ounce bag Simply Nature Organic frozen green beans

TOTAL: \$72.75

FROM YOUR FRIDGE/PANTRY AT HOME

Avocado oil
Butter
1 egg
1/4 cup almond flour (or gluten-free flour blend)
1/3 cup breadcrumbs
1 Tbsp Dijon mustard
1 tsp onion powder
3/4 tsp salt
3 tsp garlic powder
1 tsp paprika
1/8 tsp cayenne pepper (optional)
black pepper
2 tsp chili powder
1.5 tsp ground cumin
1/2 teaspoon dried oregano
Squirt of Worcestershire sauce



RECIPES**Sunday-Crispy Chicken Nuggets** (Whole New Mom), Sweet Potato Wedges, Zucchini Spears

1 pound organic chicken breast

1/4 cup almond flour (or gluten-free flour blend)

3/4 tsp salt

1 tsp garlic powder

1 tsp paprika

1/8 tsp cayenne pepper (optional)

1/8 tsp black pepper

avocado oil

(See recipe for possible substitutions!)

Chicken step-by-step:

<https://wholenewmom.com/recipe-for-chicken-nuggets-easy-chicken-recipe/>

Sides:

1 pound sweet potatoes, peeled and cut into one-inch wedges

1 medium zucchini, cut into spears

Avocado oil

Salt & pepper to taste

Optional: parmesan cheese for topping zucchini

1. Preheat oven to 400 degrees.
2. Arrange sweet potatoes on a large sheet pan.
3. Coat with about a tablespoon of avocado oil and sprinkle with salt.
4. Bake about 20 minutes. Remove from oven and add in zucchini spears. Add a bit more avocado oil and sprinkle spears with salt and pepper.
5. Return to oven and bake an additional 10-15 minutes, until sweet potatoes are soft and zucchini is cooked through. Sprinkle parmesan on zucchini, if desired.

Monday-One-Pot Cheesy Chicken Parm Pasta

2 cups shredded/ diced chicken (perfect use for leftover chicken)

25 ounce jar organic marinara sauce

1 medium onion diced

1/2 cup Parmesan cheese

1 cup organic mozzarella cheese shredded

1 pound organic penne pasta (or similarly-sized pasta)

1. (If you're using leftover chicken, skip to step 2!) 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 the jar of pasta sauce. Fill the pasta jar up with water and pour into pot.
4. Add pasta (if pasta is sticking out above the sauce, add a bit more water to cover).
5. Turn heat to medium-high. Cook about 15- 20 minutes. You'll want to keep close watch on stirring, since the pasta likes to stick to the bottom. Test pasta occasionally for doneness starting at about 15 minutes.
6. Turn down the heat and add chicken back to pan. Stir in Parmesan and mozzarella.
7. Serve immediately.



Taco Bowls

1-pound organic, grass-fed beef
 1 onion, diced
 4-5 cloves garlic, diced
 1 can black beans
 ½ jar organic salsa (favorite variety)
 2 tsp chili powder
 1 tsp ground cumin
 Cheese
 Tortilla chips

1. In large skillet, heat about a tablespoon of oil. Add onion and sauté about 3-4 minutes. Add in beef and cook through, breaking up chunks as needed.
2. Add garlic and spices and heat about a minute.
3. Dump in beans and about a cup of salsa. Heat through.
4. Serve over chips and top with cheese and additional toppings if desired.

Wednesday-Family Style Mac & cheese, roasted broccoli, mandies

1 box of Simply Nature Organic family-size macaroni and cheese
 1 bag Simply Nature Organic frozen broccoli florets
 1 Tablespoon avocado oil
 Mandies for serving

1. Preheat oven to 400 degrees.
2. Rinse broccoli and pat dry. Arrange on large sheet pan. Drizzle on oil and toss to coat. Sprinkle on salt. Cook about 20 minutes and remove to toss the broccoli. Return to oven if necessary, baking about 5-10 more minutes, until slightly brown and crispy.
3. While broccoli is roasting, prepare mac and cheese according to package instructions.

Thursday-Salmon Cakes, Roasted Carrots, Green Beans

16 ounce wild-caught frozen salmon (thawed)
 1 egg
 1 tsp onion powder
 ½ tsp garlic powder
 Salt and pepper
 Squirt of Worcestershire sauce (about a teaspoon)
 1/3 cup breadcrumbs, crushed crackers, almond meal, etc.
 ½ bag baby carrots
 16-ounce bag Simply Nature Organic frozen green beans (rinsed and patted dry)

1. Preheat oven to 400 degrees. Bake salmon about 10-12 minutes. Remove from oven. Carefully add to bowl and flake with a fork. Mix in egg, breadcrumbs, spices, and
2. Form into patties and cook in about a tablespoon of avocado oil on medium to medium high heat. Heat about 3 minutes on each side, until they are golden brown and crispy.
3. While salmon cakes are frying, arrange carrots and green beans (oven is still good at 400 degrees) on a large sheet pan, drizzle with avocado oil and a sprinkle of salt and pepper. Roast about 15 minutes, remove and toss around pan. Return to oven and roast another 10-15 minutes, until veggies reach your desired doneness. (The carrots may take longer. Feel free to slice them length-wise in half for quicker cooking time!)



Friday-Mini cheeseburgers, roasted sweet potatoes, pineapple

1 pound organic, grass-fed ground beef
1/3 onion, finely diced
1 tsp garlic powder
1/2 tsp salt
1/2 tsp pepper
Simply Nature Organic Colby jack cheese slices
Buns (slider size if available)
1 pound sweet potatoes, diced
Avocado oil

1. Preheat oven to 400 degrees. Arrange potatoes on a large baking tray and coat with about a tablespoon of avocado oil. Sprinkle with salt and a pinch of pepper. Cook about 30 minutes, until potatoes are soft and slightly crispy.
2. While potatoes are baking, grab a large bowl and mix beef, onion, garlic powder, salt and pepper. Form into small patties.
3. You can choose to grill hamburgers or cook in a skillet. If you choose skillet, heat large skillet on medium to medium high.
4. Heat about a tablespoon of oil and carefully add patties to skillet. (You may have to do a couple of batches. Don't overcrowd skillet!)
5. Cook about 4-5 minutes and flip, cooking another 4-5 minutes, or until the beef is cooked through. Before removing from pan, top burgers with cheese and let it melt.
6. Serve with favorite burger toppings, potatoes, and diced pineapple.

Build-Your-Own Naan Pizzas

Mini naan
Organic marinara sauce
Organic mozzarella cheese, shredded
1 bag Simply Nature exotic vegetable chips
Optional toppings: olives, pineapple, peppers, etc.

1. Heat oven to 400 degrees.
2. Spread naan on large sheet pan.
3. Evenly spread marinara sauce on naan.
4. Add toppings on top of sauce and layer on cheese.
5. Bake for about 8-10 minutes, until cheese is fully melted.
6. Serve with leftover carrots/hummus, mandies, etc.

