



WEEKNIGHT DINNER PLAN

GROCERY LIST

PRODUCE

- Avocado (optional, for fajitas)
- Bell peppers, any color - 5
- Broccoli - 3 cups
- Brussels sprouts - 2 cups
- Cabbage - 1 small head
- Cherry tomatoes - 1 pint
- Garlic - 4 cloves
- Lemon - 1 large
- Lettuce (optional, for fajitas)
- Onion, red - 1
- Onion, white - 3
- Parsley - 1 bunch
- Zucchini - 4 cups

HERBS & SPICES

- Cajun seasoning
- Chili powder
- Cumin
- Dried oregano
- Garlic powder
- Italian seasoning
- Onion powder
- Paprika
- Pepper
- Salt

REFRIGERATED

- Cauliflower rice - 3 12oz packages
- Cream cheese, plain - 8oz
- Cream cheese, onion and chive - 8oz
- Eggs - 2
- Mozzarella, shredded - 1 ½ cups
- Parmesan, grated - 1 cup
- Sour cream (optional, for fajitas)

PANTRY

- Beef stock
- Hot sauce (optional, for fajitas)
- Marinara sauce, no sugar added
- Olive Oil
- Olives, black - 2.5 oz. can
- Tomato paste - 1 6oz can
- Tomatoes, diced - 2 14.5oz cans

MEATS

- Bacon - 4 slices
- Beef, ground - 2 lb
- Chicken breasts - 2 lbs
- Chicken thighs, boneless & skinless - 2 lbs
- Pepperoni, sliced - 20 pieces
- Sausage, ground Italian - 2 lbs