



MENU

WHAT'S COOKING IN K'S KITCHEN

MONDAY

Herb Marinated Grilled Chicken
Mediterranean Pasta Salad
with Chickpeas, Tomatoes,
Olives & Artichokes

WEDNESDAY

Slow Cooker Beef Tacos
Avocado, Corn & Salad

FRIDAY

Mom & Dad Out
Pizza Night!

SUNDAY

Leftovers or
Freezer Pork Tenderloin
Oven Fries
Pick Your Veggie

TUESDAY

Sheet Pan Fish & Broccoli
with Potatoes or Rice

THURSDAY

Zucchini Meatballs
over
Tortellini with Tomatoes
or
Spaghetti Squash with
Pesto

SATURDAY

Eat Out

BIG BATCH

Gluten Free Butternut Squash
Muffins
Banana Baked Oatmeal

SHOPPING LIST

Proteins

Chicken Breasts - M
Favorite Fish 1.5 lbs - T
Lean Ground Beef 2lbs - W
Turkey Chop Meat - 2lbs - TH
Pork Tenderloin - Sun

Produce

Tomatoes - M
Lemon - M & T
Mixed Herbs - M & Sun
Garlic - M & T & W
Broccoli - T
Potatoes - T
Avocado - W
Corn - W
Favorite Lettuce - W
Zucchini - W
Spaghetti Squash - W
Tomatoes - TH
Carrots
Cucumbers
Peppers
Bananas - Oatmeal
Blueberries - Oatmeal

Other & Dairy

Pesto (Optional) - T & TH
Shredded Cheese - W
Parmesan Cheese - TH
Yogurt
Eggs - Oatmeal & Muffins
Almond Milk - Oatmeal & Muffins

Staples:

Balsamic Vinegar - M
Barilla Veggie Pasta - M
Chickpeas - M
Olives - M
Artichokes - M
Rice - T
Tomato Paste - W
Vegetable Puree (Optional) - W
Harissa or Taco Seasoning - W
Taco Shells or Tortillas - W
Tortillas - T & W
Ground Flax Seed - Oatmeal
Oats - Oatmeal & Muffins
Honey or Maple Syrup - Oatmeal & Muffins
Canned or Frozen Butternut Squash - Muffins
Vanilla - Oatmeal & Muffins
Mixed Nuts - Optional - Oatmeal
Spices for Muffins and Oatmeal:
Cinnamon, Nutmeg, Ginger, Cloves
Cardamom