

Grocery List

Produce

- 2 small red onions
- 1 10 ounce container baby spinach
- 1 lemon
- 2 limes
- 2 Granny Smith apple
- 1 medium pineapple
- 1 small kabocha squash
- 1 avocado
- 1 bunch cilantro
- 1 bunch sage

Meat

- 4 skinless, boneless chicken-breast halves (4 to 5 ounces each)
- 12 ounces ground turkey
- 10 ounces kielbasa

Dairy

- 1 10 ounce package queso fresco
- 4 ounces sharp cheddar
- 4 ounce block cream cheese
- 8 ounce container sour cream
- ½ dozen large eggs

Seafood

- 1 pound large shrimp, preferably wild (about 24)

Other

- 3 cans (10 ounces each) diced tomatoes and chiles, such as mild Ro-Tel
- 1 5-ounce bag thick tortilla chips, such as Wild Harvest Natural Yellow Corn
- 8 flour or corn tortillas (each 6 inches)
- 1 box panko breadcrumbs
- 1 jar adobo seasoning, such as Goya
- 1 32-ounce jar marinara sauce such as Rao's
- 10 ounces fresh or frozen cheese tortellini
- 1 pound pizza dough (fresh or frozen)

| MEAL PLAN |

Monday
Chilaquiles
Egg Bake

Tuesday
Chicken Paillards with
Squash and Spinach

Wednesday
Creamy Baked
Tortellini with Spinach

Thursday
Spicy Shrimp Fajitas
with Grilled
Pineapple Pico

Friday
Kielbasa, Apple,
and Cheddar
Pretzel Tart