

WEEKLY MEALS

SHEET PAN #1



Sheet Pan
Pancakes

SHEET PAN #2



Sheet Pan Dinner

SHEET PAN #3



Sheet Pan
Quesadillas

SHEET PAN #4



Garlic-Cilantro Sheet
Pan Chicken

SHEET PAN #5



Sheet Pan Garlic
Herb Butter
Shrimp

GROCERY LIST

VEGGIES/FRUITS

- ☐ 12 Cloves Garlic
- ☐ 4 Large Lemon
- ☐ 1 lb. baby potatoes
- ☐ 2 bell peppers
- ☐ 1/4 C. Cilantro
- ☐ 2 Tbsp Fresh Parsley
- ☐ Pancake toppings (fruit)

MEAT/PROTEIN/DAIRY

- ☐ 3 lbs Chicken Thighs (Boneless, skinless)
- ☐ 1-1/2 lbs Shrimp (Peeled, deveined + tail off)
- ☐ 2 lbs. chicken sausage
- ☐ 1 pound meat (ground beef, pork, or shredded chicken)
- ☐ 12 T butter
- ☐ 2 cups milk
- ☐ 4 eggs
- ☐ 2 cups cheddar cheese

DRY GOODS

- ☐ Cooking spray
- ☐ 4 cups pancake mix
- ☐ 7 flour tortillas
- ☐ Pancake toppings (chocolate chips)

GROCERY STAPLES

- ☐ Salt and pepper
- ☐ Olive Oil

SPICE CUPBOARD

- ☐ 1 3/4 tsp Garlic Powder
- ☐ 1 1/2 tsp Onion Powder
- ☐ 3/4 tsp Dried Oregano
- ☐ 1 tsp Italian Seasoning
- ☐ 1/4 tsp Crushed Red Pepper
- ☐ 1 T taco seasoning