

On The Menu

Monday

Crockpot Beef Tacos

Tuesday

Skillet Lasagna

Wednesday

Stuffed Peppers

Thursday

Sweet & Sour Chicken

Friday

Chili

Saturday

Sunday

Grocery List

Pantry

- 6 TBS olive oil
- 2 ½ TBS taco seasoning
- 2 tsp Italian seasoning
- 1 tsp paprika
- 2 ½ TBS chili powder
- 2 TBS ground cumin
- 1 tsp oregano
- 2 TBS honey
- 1 TBS coconut sugar
- 2 tablespoons ketchup
- 1 ½ tablespoons rice wine vinegar
- 2 TBS arrowroot starch or cornstarch
- 1 tsp kosher salt
- 1 ½ tsp salt
- ½ tsp cumin
- ½ tsp oregano
- ¼ cup coconut aminos or low sodium soy sauce
- 12 oz veggie broth
- 2 ½ cups beef broth
- 12 oz water (for measuring)
- ¼ cup beef broth
- 1 24 oz jar marinara sauce
- 1 15 oz can diced tomatoes
- 1 15 oz can fire roasted diced tomatoes
- 1 15 oz can black beans, drained and rinsed
- 1 15 oz can red kidney beans, drained and rinsed
- 1 15 oz can pinto beans, drained and rinsed
- 1 8 oz can of tomato sauce
- 1 12 oz crushed pineapple (no added sugar), drained
- 2 cups cornflakes

Frozen

- 8.5 oz bag pre-cooked Spanish style rice

Produce

- 2 ½ onions (white or yellow), chopped/diced
- 1 medium sweet white onion (e.g., Vidalia), thinly sliced
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- 2 red bell peppers, diced/large chunks
- 1 green bell pepper, cut into large chunks
- 1 large carrot, diced
- 1 zucchini, diced
- 1 cup grated carrots (store-bought)
- 2 cloves garlic, minced
- 8 bell peppers (tops cut off, seeds removed)
- Lettuce (for topping)
- Pico (for topping)

Meat

- 2 lbs boneless skinless chicken breast, cut into chunks
- 2 lbs lean ground beef or turkey
- 1 lb ground turkey
- 1 pound ground beef or turkey

Dairy

- Shredded cheddar cheese
- Sour cream (for topping)
- 8 oz ricotta cheese
- ¼ cup mozzarella cheese
- ¼ cup shredded parmesan cheese
- 1 cup low-fat shredded Mexican blend cheese

Grains

- 8-10 oz whole grain reginetti pasta