

On The Menu

Monday

Crockpot Beef Tacos

Tuesday

Marry Me Chicken Pasta

Wednesday

Lemon Skillet Chicken

Thursday

Cozy Crockpot Chicken Ramen

Friday

Sheet Pan Nachos

Saturday

Sunday

Grocery List

Pantry

- 10 Tbsp olive oil (total)
- 12 oz pasta of choice
- 8 oz ramen noodles
- 4 ½ cups chicken broth (additional to 7 cups total)
- ¼ cup beef broth
- ½ cup coconut aminos OR soy sauce
- ½ cup sun-dried tomatoes
- ½ cup salsa (additional to 1 cup total)
- 1 can (½) refried beans
- Tortilla chips of choice (e.g., Siete)

Dairy

- 2 cups Mexican blend cheese (additional to 1 total)
- ½ cup finely grated parmesan cheese (additional to 1/3 cup shredded parmesan)
- ½ cup plain Greek yogurt
- Cotija cheese

Meat

- 1 lb lean ground beef
- 2 ½ lbs ground chicken (total)
- 1 lb lean ground turkey (or substitute with beef or chicken)
- 1 ¼ lbs boneless, skinless chicken breasts, diced
- 12 oz sweet Italian chicken sausage

Seasoning & Spices

- 4 ½ TBS taco seasoning (total)
- 3 tsp Italian seasoning
- 1 ¼ tsp garlic powder
- ¼ tsp dried oregano
- ¼ tsp dried thyme
- ½ tsp onion powder
- Salt and pepper to taste

Produce

- 1 small sweet onion, sliced
- ½ cup finely diced onion (additional to 1 total)
- 1 medium white onion, slivered
- 1 red bell pepper
- 1 bell pepper of choice
- 2 medium zucchinis (halved into moon shapes)
- 5 oz shredded carrots (half a bag)
- 10 oz bag shredded cabbage
- 1 bunch green onions, chopped (green part only)
- Zest of 1 lemon + 2 Tbsp lemon juice
- 4-5 cloves garlic, minced (additional to 12 total)
- Shredded iceberg lettuce
- Jalapeños

Extras:

if you don't have your preferred toppings for tacos, then be sure you add those to your list!