

WEEKLY MEALS

CROCK POT/SLOW COOK



Turkey Chili with Veggies and Black beans

MEAT-LESS



Greek Salad with Marinated Chickpeas

UNDER 15 MINUTES



15 Minute Sukiyaki Steak and Broccoli

ONE PAN ONLY



One Pan Italian Orzo Skillet

ALL AHEAD PREP



Easy Tacos

GROCERY LIST

VEGGIES/FRUITS

- ☐ 2 Yellow Onion
- ☐ 2 Bell Pepper
- ☐ 19 cloves Garlic
- ☐ 1 Zucchini
- ☐ 1 cup Corn
- ☐ Avocados
- ☐ 2 Red Onions
- ☐ Cilantro
- ☐ 3 Lemon
- ☐ 1 Persian Cucumber
- ☐ 2 Cup Cherry Tomatoes
- ☐ 1 Head Romaine Lettuce
- ☐ 12 Oz Broccoli
- ☐ 2 cups Kale
- ☐ Fresh Parsley
- ☐ Lettuce of Choice (shredded)

MEAT/PROTEIN/DAIRY

- ☐ 1 pound Ground Turkey
- ☐ 2 Lb Ribeye Steaks
- ☐ 1 pound Ground Turkey or Ground Italian Sausage
- ☐ 1 pound Ground Beef
- ☐ 1 cup Mozzarella Cheese (shredded)
- ☐ Cheddar Cheese (shredded - or any cheese of choice)
- ☐ Sour Cream
- ☐ 4 Oz Feta Cheese (Crumbled)
- ☐ 4 Tbsp Butter

DRY GOODS

- ☐ 3 cup Chicken Broth
- ☐ 15 oz. Black Beans
- ☐ 28 oz. Can Whole Peeled Italian Plum Tomatoes
- ☐ 15 oz. Can Crushed Tomatoes
- ☐ 2 (15 Oz) Cans Canned Chickpeas
- ☐ 8 T Red Wine Vinegar
- ☐ 1 tsp Dijon Mustard
- ☐ 2 tsp Avocado Oil
- ☐ 1 C. Soy Sauce
- ☐ 4 T Mirin
- ☐ 2 T Corn Starch
- ☐ 1 C. Brown Rice - cooked
- ☐ 1 cup Orzo
- ☐ 2 Tablespoons Tomato Paste
- ☐ 8 Flour or corn tortillas
- ☐ Black Olives (chopped)

GROCERY STAPLES

- ☐ Salt and pepper
- ☐ Olive Oil
- ☐ Brown Sugar

SPICE CUPBOARD

- ☐ 3 T Chili Powder
- ☐ 2 1/2 T Cumin
- ☐ 1/2 T Smoked Paprika
- ☐ 1 T Garlic Powder
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1 T Cocoa Powder
- ☐ 3 tsp Dried Oregano
- ☐ 1/4 tsp Crushed Red Pepper
- ☐ 1 tsp Dried Basil
- ☐ 1 tsp Dried Parsley
- ☐ 1/2 tsp Chili Flakes

WEEKLY MEAL PLAN

WEEKLY MEALS

RECIPE #1

RECIPE #2

RECIPE #3

RECIPE #4

RECIPE #5

GROCERY LIST

VEGGIES/FRUITS

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MEAT/PROTEIN/DAIRY

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DRY GOODS

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GROCERY STAPLES

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SPICE CUPBOARD

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