

WEEKLY MEALS

CROCK POT/SLOW COOK



Instant Pot
Barbecue Chicken

MEAT-LESS



Vegetable Packed
Tacos

UNDER 15 MINUTES



Crunch Magic
Lunch Wrap

ONE PAN ONLY



Skillet Enchiladas

ALL AHEAD PREP



Spaghetti Squash
Bake

GROCERY LIST

VEGGIES/FRUITS

- ☐ 2 Yellow Onion
- ☐ 1 Spaghetti Squash
- ☐ 1 Bell Pepper any color
- ☐ 1 Red Onion
- ☐ 4 Carrots
- ☐ 3 Zucchini
- ☐ 2 Stalks Celery
- ☐ 6 Clove Garlic
- ☐ 1 Cup Chopped Salad Kit (Buffalo Ranch or other)
- ☐ 1 Large Red Bell Pepper
- ☐ 1 Avocado
- ☐ 2 Tbsp Cilantro

MEAT/PROTEIN/DAIRY

- ☐ 2 Lbs Chicken Breasts or thighs
- ☐ 1 Lb Ground Beef or turkey or tofu
- ☐ 1 Lb Ground Turkey
- ☐ 8 Oz Fresh Mozzarella Cheese
- ☐ 1/2 Cup shredded Mozzarella Cheese
- ☐ 2 Cups Shredded Cheddar Cheese

DRY GOODS

- ☐ 1/4 Cup Chicken Broth or stock
- ☐ 1 (14.5 Oz) Can Canned Diced Tomatoes
- ☐ 3 (15 Oz) Can Canned Black Beans
- ☐ 1 (4 Oz) Can Chopped Green Chiles
- ☐ 1 (20 Oz) Can Enchilada Sauce (Red Sauce)
- ☐ 1/4 Cup Salsa
- ☐ 2 tsp Lime Juice
- ☐ 8 Corn Tortillas
- ☐ 1 Quinoa Flour Tortilla
- ☐ 18 Oz Barbecue Sauce
- ☐ 1 (24 oz.) Jar Marinara Sauce

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ 1 Tbsp Chili Powder
- ☐ 1/4 tsp Garlic Powder
- ☐ 1/4 tsp Onion Powder
- ☐ 1/4 tsp Dried Oregano
- ☐ 1/2 tsp Paprika
- ☐ 1 1/2 tsp Ground Cumin