

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

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