

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow Cooker Korean Beef Bibimbap Bowls

MEAT-LESS



Curried Butternut Squash and sweet potato with lentils

UNDER 15 MINUTES



15-Minute spicy chicken

ONE PAN ONLY



Sheet pan Moroccan salmon and veggies

ALL AHEAD PREP



Chicken Tortilla Soup

GROCERY LIST

VEGGIES/FRUITS

- 8 cloves garlic
- 4 tsp. ginger
- 5 oz. bag baby spinach
- Diced green onion for garnish
- 1 (20 Oz) Package Fresh Diced Butternut Squash
- 1 Large Sweet Potato
- 1 Shallot
- 4 Limes
- 6 Whole Carrots
- 2 Large Beets
- ½ Yellow Onion
- ½ Red Onions
- 2 Stalks Celery
- 12 Stems Cilantro
- 1 Avocado

MEAT/PROTEIN/DAIRY

- 3 lbs. beef chuck roast
- 6 boneless, skinless chicken thighs or 1 lb. breasts
- 2 Chicken Breasts (About 1 Lb)
- 1 lb Salmon Fillets
- 1/4 Cup Cheddar Cheese (Shredded)
- 4 eggs

DRY GOODS

- 3 T Vegetable oil
- 1/2 cup low-sodium soy sauce
- 1/2 cup Honey
- 6 sriracha
- 6 servings rice
- 1 1/2 t sesame oil
- 1 cup chopped Kimchi
- Sesame seeds for garnish
- 5 T rice vinegar
- 1 T Sambal Oelek/Chili Garlic Sauce
- 1 Cup Dry Green Lentils
- 1/2 Cup Walnuts (Chopped)
- 1 (28 Oz) Can Diced Tomatoes
- 1 (15 Oz) Can Black Beans
- 1 Cup Corn
- 4 Cups Chicken Broth
- 1 bag Tortilla Chips

GROCERY STAPLES

- Salt and pepper
- Olive oil

SPICE CUPBOARD

- 2 t Adobo Seasoning
- 3/4 t Ground Cumin
- 1/2 t Chili Powder
- 2 T Curry Powder
- 1 t Ras el Hanout
- 3 T cornstarch