

**WEEKLY MEALS**

**CROCK POT/SLOW COOK**



**Easy Instant Pot Shredded Salsa Chicken**

**MEAT-LESS**



**Vegetable packed tacos**

**UNDER 15 MINUTES**



**Korean Skirt Steak with Peppers**

**ONE PAN ONLY**



**Mediterranean Style Fish in Parchment**

**ALL AHEAD PREP**



**30 Minute Sheet Pan Chicken Fajitas**

**GROCERY LIST**

**VEGGIES/FRUITS**

- 3 Red Bell Peppers
- 2 Yellow Bell Peppers
- 3 Green Bell Peppers
- 1 Red or yellow Onion
- 1 Red Onion
- 3 Carrots
- 1 Zucchini
- 2 Stalks Celery
- 1 tsp Ginger
- 1 Apple
- 1 Scallion
- 2 Cups Grape Tomatoes
- 1/4 Cup Green Olives
- 1 Lemon and 1 Lime
- 1 Orange
- 2 Tbsp Cilantro
- 1 Avocado
- 11 Cloves Garlic

**MEAT/PROTEIN/DAIRY**

- 1 Lb Ground Beef or Turkey
- 2 Lbs Skirt Steak
- 1 Lb Cod Fillets (4 Fillets) or white fish fillets
- 3 Lbs Chicken Thighs (Boneless, Skinless)
- 4 Chicken Breasts
- 1/4 Cup Cotija
- 1/4 Cup Sour Cream

**DRY GOODS**

- 1 (14.5 Oz) Can Canned Diced Tomatoes
- 1 (15 Oz) Can Canned Black Beans
- 1/4 Cup Soy Sauce
- 1 T Brown Sugar
- 1/2 tsp Toasted Sesame Oil
- 3 T Vegetable Oil
- 10 Flour or Corn Tortillas
- 1/4 Cup Salsa
- 1 (16 Oz) Jar Salsa

**GROCERY STAPLES**

- Salt and pepper
- Olive Oil

**SPICE CUPBOARD**

- 1 Tbsp Chili Powder
- 2 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 tsp Dried Oregano
- 2 1/2 tsp Paprika
- 3 1/2 tsp Ground Cumin
- 1 Tbsp Adobo Seasoning
- 1 Tbsp Taco Seasoning