

WEEKLY MEALS

CROCK POT/SLOW COOK



Easy Pork Carnitas

MEAT-LESS



Creamy Cashew Black Bean Mushroom Enchiladas

UNDER 15 MINUTES



Crunch Magic Lunch Wrap

ONE PAN ONLY



Skillet Enchiladas

ALL AHEAD PREP



Chicken Divan

GROCERY LIST

VEGGIES/FRUITS

- ☐ 1/2 C. Orange Juice (Fresh)
- ☐ 1/2 C. Lime Juice (Fresh)
- ☐ 1 Leaf Bay Leaf
- ☐ 10 Cloves Garlic
- ☐ 9 Tbsp Cilantro
- ☐ 2 Red Onion
- ☐ 1 Lime
- ☐ 1 Jalapeno
- ☐ 3 Cups Button Mushrooms
- ☐ 1 Chopped Salad Kit (Buffalo Ranch Or Preferred Flavor)
- ☐ 2 Yellow Onions
- ☐ 1 Large Red Bell Pepper
- ☐ 1 Medium Zucchini
- ☐ 3 Avocado
- ☐ 10-12 ounces Broccoli (Fresh or frozen - do not thaw)
- ☐ 2 medium stalks Celery

MEAT/PROTEIN/DAIRY

- ☐ 4 lbs. Pork Shoulder
- ☐ 1/2 cup Cotija Cheese
- ☐ 2 cups Mozzarella Cheese (Shredded)
- ☐ 3 cups Cheddar Cheese (Shredded)
- ☐ 1 lb. Chicken Breast (boneless, skinless)
- ☐ 6 T Unsalted Butter
- ☐ 1/2 cup Sour Cream
- ☐ 1 cup Milk of Choice
- ☐ 1 cup Parmesan Cheese

DRY GOODS

- ☐ 6 Oz Beer (Mexican beer such as Modelo)
- ☐ 24 Corn Tortillas
- ☐ 1/2 Cup Whole Raw Cashews
- ☐ 1 Cup Vegetable Broth
- ☐ 1 Cup Tomato Sauce
- ☐ 1 (7 Oz) Can Chipotle Pepper In Adobo Sauce
- ☐ 4 Quinoa Flour Tortilla
- ☐ 4 (15 Oz) Can Black Beans
- ☐ 1 (20 Oz) Can Enchilada Sauce (Red Sauce)
- ☐ 1 (4 Oz) Can Chopped Green Chiles
- ☐ 1/4 Cup Salsa
- ☐ 1 can Condensed cream of chicken soup (10.5 ounce can)
- ☐ 1 cup Bread Crumbs

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ 1 Tsp Chili Powder
- ☐ 2 Tbsp Ground Cumin
- ☐ 1 1/2 Tsp Dried Oregano
- ☐ 1 tsp Paprika
- ☐ 1 1/2 tsp Garlic Powder
- ☐ 1 teaspoon Mustard Powder