GET MOM STRONG

WEEKLY MEAL PLAN

11/23/26 - 11/27/26

WEEKLY MEALS

CROCK POT/SLOW COOK	MEAT-LESS	UNDER 15 MINUTES	ONE PAN ONLY	ALL AHEAD PREP
				
Turkey Chili with Veggies and Black Beans	Veggie Quinoa with Zucchini and Corn	15 Minute Sukiyaki Steak and Broccoli	One Pan Italian Orzo Skillet	30 Minute Sheet Pan Chicken Fajitas

GROCERY LIST

VEGGIES/FRUITS

- ○ 3 Yellow Onion
- ○ 2 Bell Pepper (any color)
- ○ 2 Red Bell Peppers
- ○ 2 Yellow Bell Peppers
- ○ 21 cloves Garlic
- ○ 3 Zucchini
- ○ 2 cup Corn (frozen or fresh)
- ○ 3 Avocados
- ○ 2 Red Onions
- ○ ¾ cup Cilantro
- ○ 2-3 tablespoons Scallions
- ○ 12 oz Broccoli (florets - about 3 small-ish heads)
- ○ 2 cups Kale
- ○ Fresh Parsley
- ○ 1 Lime
- ○ 1 Orange

MEAT/PROTEIN/DAIRY

- ○ 3 Lbs Chicken Thighs (Boneless & Skinless)
- ○ 2 pound Ground Turkey
- ○ 2 lbs Ribeye Steaks
- ○ Cheddar Cheese
- ○ 1/2 cup crumbled Feta Cheese
- ○ 1 cup shredded Mozzarella Cheese
- ○ 1/2 Cup Sour Cream
- ○ 1/4 Cup Cotija cheese
- ○ 4 T Butter

DRY GOODS

- ○ 1 cup soy sauce
- ○ 2 t Avocado Oil
- ○ 4 T Mirin (Rice wine)
- ○ 2 1/2 cup Chicken Broth
- ○ 1 T Cocoa Powder
- ○ 15 oz. Canned Black Beans
- ○ 15 oz. Canned Crushed Tomatoes
- ○ 28 oz. Canned Whole Peeled Italian Plum Tomatoes
- ○ 1 Cup Brown Rice
- ○ 1 cup dry Quinoa
- ○ 1 cup Orzo
- ○ 10-8” Flour or Corn Tortillas
- ○ 1/4 Cup Salsa

GROCERY STAPLES

- ○ Olive Oil
- ○ Brown Sugar
- ○ Cornstarch

SPICES

- ○ Salt and pepper
- ○ Dried Oregano
- ○ Dried Basil
- ○ Dried Parsley
- ○ Garlic Powder
- ○ 1 T Chili Powder
- ○ 3 T ground Cumin
- ○ 1 T Smoked Paprika
- ○ 1/4 t Cayenne Pepper
- ○ 1/2 t Chili Flakes
- ○ 1 T Adobo Seasoning