

MONDAY



Mexican Chopped Salad

Extra protein ideas:

- Bean and Cheese Quesadillas
- Crispy Tofu Bites

TUESDAY

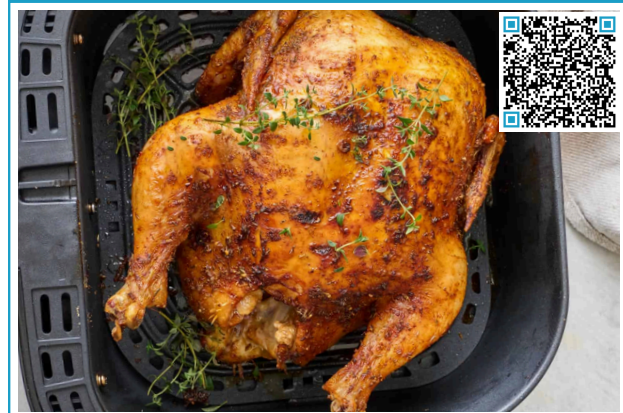


Grilled Shrimp Tacos

Side dish ideas:

- Street Corn Salad
- Homemade Guacamole

WEDNESDAY



Air Fried Whole Chicken

Side dish ideas:

- Mixed Green Salad
- Lemon Rice

THURSDAY



Sheet Pan Salmon

Tip:

Allow the salmon to sit at room temperature for 15-20 minutes before cooking.

FRIDAY



Taco Pasta

Tip:

Let it rest before serving to allow the flavors to blend and the sauce to thicken.

SNACK/DESSERT



Chocolate Chia Pudding

Tip:

This pudding is thick! If you like a looser consistency, reduce chia by 1 tablespoon.

**Produce**

- yellow onion (2)
- red onion (1)
- garlic bulb (1)
- baby yellow potatoes (1 lb)
- green beans (8 oz bag)
- jalapeños (2)
- romaine lettuce (1 head)
- Roma tomatoes (2)
- jicama (1 small)
- purple cabbage (1 small head)
- avocados (2)
- mango (1)
- lemons (1 lb bag)
- limes (1 lb bag)

**Fresh Herbs** *optional*

- parsley (1 bunch)
- cilantro (2 bunches)

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**Refrigerated**

**Dairy**

- Parmesan cheese (5 oz container)
- sharp shredded cheddar cheese (8 oz bag)
- Greek yogurt (16 oz tub)
- cotija cheese (8 oz tub)

**Frozen**

- corn kernels (12 oz bag)

**Meat/Seafood**

- salmon fillets (1 1/2 lb)
- ground beef (1 lb)
- whole chicken (4 lb)
- large raw shrimp (1 lb)

**Pantry**

- olive oil (16 oz bottle)
- avocado oil (16 oz bottle)
- pasta (1 lb box)
- fire-roasted diced tomatoes (14.5 oz can)
- black beans (15 oz can)
- beef or chicken stock (32 oz carton)
- coconut milk (13.5 oz can)
- tomato paste (6 oz can)
- chia seeds (12 oz bag)
- cocoa powder (8 oz container)
- maple syrup (8 oz bottle)
- cooking spray (1 can)
- corn tortillas (8 count)
  
- wooden skewers (1 pack)

**Bakery**

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**Spices**

- taco seasoning
- paprika
- dried thyme
- garlic powder
- cumin
- chili powder

**Ingredient notes**

\* This ingredient can be used for many more recipes!  
 \*\* You may have this staple on hand