

MONDAY



Sweet Potato Tacos

Side dish ideas:

- [Cilantro Lime Rice](#)
- [Vegetarian Refried Beans](#)

TUESDAY



Beef Stuffed Peppers

Tip:

Buy peppers that are round and wide, not tall, so there will be more room for the filling!

WEDNESDAY



Mexican Chicken and Rice

Tip:

Slightly undercook the chicken before adding rice, since it will finish cooking with it.

THURSDAY



Chicken Fajitas

Tip:

Warm up your tortillas by wrapping them in foil and placing in the oven for a few minutes.

FRIDAY



Beef Burrito Bowl

Tip:

Use up any leftover ingredients from the week to layer in your bowl!

SNACK/DESSERT



Banana Coconut Cookies

Tip:

Mix until it sticks, feeling moist and slightly sticky. If it feels dry, mash bananas more.

Produce

- onion (4)
- garlic bulb (1)
- sweet potatoes (2 medium)
- bell peppers (9 large)
- red cabbage (1 small head)
- avocado (2)
- lettuce (1 head)
- tomatoes (2-3 medium)
- limes (4)
- bananas (2 ripe)

Fresh Herbs *optional*

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

Refrigerated

Dairy

- shredded mozzarella cheese (8 oz bag)
- grated parmesan cheese (8 oz container)
- greek yogurt (16 oz container)

guacomole, *for serving*

Frozen

- corn kernels (12 oz bag)

Meat/Seafood

- boneless skinless chicken breasts (3 lbs)
- lean ground beef (2 lbs)

Pantry

- olive oil (16 oz bottle)
- long grain white rice (1 lb bag)
- black beans (2 - 15 oz cans)
- green chilies (4 oz can)
- tomato paste (6 oz can)
- tomato sauce (15 oz can)
- unsweetened shredded coconut (8 oz bag)
- chocolate chips (10 oz bag)
- honey (sm bottle)

Bakery

- corn tortillas (8 count)
- flour tortillas (10 count)

Spices

- taco seasoning (1 packet)
- garlic powder
- chili powder
- cumin
- smoked paprika
- paprika
- coriander
- onion powder
- italian seasoning

Ingredient notes

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