

1 WEEK OF MEALS

1 GROCERY LIST

All You Need for 7 Dinners

MON: BBQ Chicken Mini Tacos

TUE: Nacho Bar

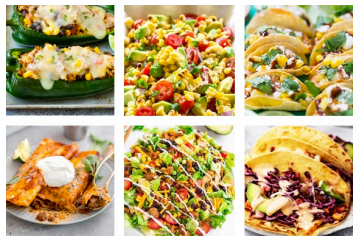
WED: Fish Tacos

THURS: Skinny Taco Salad

FRI: Beef Enchiladas

SAT: Stuffed Poblano Peppers

SUN: Grilled Corn Salad w/ Grilled Lemon Chicken



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shopping list

CANS

- Refried Beans
- Mexican Style Corn
- (2) Black Beans
- 15 oz Diced Tomatoes
- 15 oz Tomato Sauce

SEASONINGS

- Coriander
- Chili Powder
- Garlic Powder
- Cumin
- Paprika

STAPLES

- Vegetable Oil
- Sugar
- Honey
- Olive Oil
- Salt & Pepper
- White Wine Vinegar

PRODUCE

- Pico de Gallo
- (2) Onions
- Garlic
- Cilantro
- Rosemary
- Guacamole
- Limes
- Lemons
- Shredded Purple Cabbage
- 3 Jalapeños
- 5 Avocados
- Romaine Lettuce
- Scallions
- 1 pt Grape Tomatoes
- 1 pt Cherry Tomatoes
- (4) Corn on the Cob

PANTRY

- (2) Taco Seasoning
- BBQ Sauce
- Black Olives
- Pickled Jalapeños
- Salsa
- White Rice
- (3) Corn Tortillas
- Nacho Chips

FISH/MEAT/POULTRY

- 1 1/4 lb Chuck Roast
- 6 Chicken Breasts
- (2) lbs Ground Beef
- Halibut Filets
- (1) lb Ground Turkey

DAIRY

- Mayo
- Greek Yogurt
- Crumbled Feta
- Shredded Cheddar
- Shredded Monterey Jack
- Cotija Cheese (or cheese of choice)

FROZEN

- (2) Frozen Corn