

Meal Plan Theme: Costco 1

Week of: 4/24-28

Breakfast	Strawberry Smoothie Bowl
Lunch	Turkey Avocado Bacon Wraps
Monday	Pesto Chicken Pasta Bake
Tuesday	Shredded Chicken Tacos
Wednesday	Philly Cheesesteak Skillet + Rice
Thursday	Buffalo Chicken Casserole
Friday	Beef Picadillo
Dessert	Soft and Chewy Sugar Cookies

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Romaine Lettuce, 1 head Tomato, 2 Limes, 3 Lemons, 1 Avocado, 2 Bananas, 5 Yellow Onion, 2 Bell Peppers, 3 Mushrooms, 8 oz Garlic, 6 cloves Russet or Yukon Gold Potatoes, 3 lbs Cilantro (optional), for garnish Green Onions (optional), for garnish Frozen Strawberries, 10 cups	Chicken Breast, 4 lbs Ground Beef, 3½ lbs Deli Turkey, 15-20 oz Bacon, 16 slices Shredded Cheese, 5 cups Mozzarella Pearls, 8 oz Provolone Cheese, 6 slices Sour Cream, 1 cup Greek Yogurt, 2½ cups Butter, 1½ cup Cream Cheese, 3 tbsp Milk of Choice, 2½ cups Eggs, 2	Penne Pasta, 12 oz Pesto, 22 oz Rice, 1 cup Chicken Broth, 1½ cups Beef Broth, 2⅓ cup Sun-Dried Tomatoes, 8 oz Diced Tomatoes, 1, 14.5 oz can Ranch Dressing, ½ cup Mayonnaise, ¼ cup Dijon Mustard, 1 tbsp Buffalo Sauce, ¼ cup Coconut Aminos, 2 tbsp Apple Cider Vinegar, 2 tbsp *Chipotle Peppers in Adobo, 1, 4-oz can Corn Tortillas, 12 Flour or Flour-like tortillas, 5 + more for serving All-Purpose or Gluten-Free Flour, 3 cups Baking Powder, 1 tsp Baking Soda, ½ tsp White Sugar, 2 cups	Mild Chili Powder, 3 tbsp Italian Seasoning, 1 tbsp Garlic Powder, 1 tsp Cumin, 2 tbsp + ½ tsp Oregano, 2 tsp Bay Leaf, 1 Vanilla Extract, 2 tsp

Pantry Staples: Olive Oil or Avocado Oil, Butter or Ghee, Sea Salt, Ground Pepper

Notes:

*Smoothie Bowl Toppings ideas - granola, chia seeds, or nuts

*If you want a less spicy option for the chicken taco sauce, omit the chipotles in adobo or sub for salsa