

Healthy Meal Plan Weekly Volume 17

SHOPPING LIST

2 medium tomatoes, grated
2 key limes
2 bell pepper (green or red)
7 cloves of garlic
3 small potatoes
4 onion
2 carrots
2 stalks celery
24oz corn kernels, (frozen or canned)
8oz frozen peas
15oz Mixed Vegetables

1/2 cup olive oil

2 lbs boneless, skinless chicken breasts
1 lb ground beef

biscuits (homemade or canned)
3/4 cup butter
3 cups shredded medium cheddar cheese
3/4 cup all-purpose or gluten free flour
6.5 cups chicken stock
1 cup milk

8oz tomato puree
1 can 14-15 oz tomato sauce or crushed tomatoes
1/2 cup salsa
1 tbsp tomato paste

1 cup long-grain rice
2 cups lentils
2 cups macaroni noodles
1 15 oz can small red beans
1 can vegetarian refried beans
3/4 cup dried red lentils

Optional:
Grape tomatoes
Black olives
Cilantro

Spices:
Cumin
Paprika
Chili powder
3 bay leaves
sea salt
ground black pepper
garlic powder
onion powder
cayenne pepper
poultry seasoning
thyme
dried basil
oregano
Mexican spice mix