



Meal Plan Week 23

Cast Iron Skillet Chicken Thighs + Doritos Taco Salad + Honey Walnut Shrimp + Green Chili Chicken Chimichangas + Grilled Flank Steak with Mushrooms + Kitchen Sink Cookies



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Head of romaine or iceberg lettuce
- Roma tomatoes (4-5)
- Large avocado
- Green onions (1 bunch)
- Cilantro (1 bunch)
- Large onion
- Shredded lettuce
- Head of garlic
- Lemon
- Baby bella mushrooms (16 oz)
- Fresh rosemary

Meat/Poultry/Fish:

- Chicken thighs bone-in, skin-on (2.5 lbs about 6-8)
- Ground beef (1 lb)
- Large raw shrimp peeled and deveined (1.5 lbs)
- Boneless skinless chicken breasts (4)
- Flank steak (1.5-2 lbs)

Bread/Bakery:

- Large flour tortillas (10-12)

Pantry:

- Olive oil*
- Tomato paste
- Red kidney beans (15 oz)
- Nacho Cheese Doritos (14.5 oz)
- Thousand Island salad dressing
- Cornstarch*
- Vegetable oil*
- Mayonnaise
- Honey
- Sweetened condensed milk
- Sugar*
- Walnut halves (1 cup)
- Diced green chilies (4 oz)
- Flour*
- Green chili salsa or salsa verde (1 cup)
- Chicken broth
- Soy sauce
- Balsamic vinegar
- Beef broth
- Light brown sugar
- Vanilla extract
- Baking soda
- Milk chocolate chips
- Semisweet chocolate chips
- Pretzels
- Potato chips
- Graham crackers
- Toffee bits (1 cup)

Seasonings:

- Coarse salt
- Garlic powder*
- Freshly ground black pepper
- Chili powder
- Cumin*
- Salt*
- Smoked paprika
- Oregano
- Onion powder
- Ground coriander
- Garlic powder*
- Crushed red pepper
- Chipotle chili powder
- Ground ginger
- Flaky sea salt (garnish)

Dairy/Eggs:

- Grated cheddar cheese (3 cups)*
- Sour cream
- Butter*
- Eggs (2)

Other:

- Pico de gallo
- Guacamole

*Ingredient is used for more than one recipe.