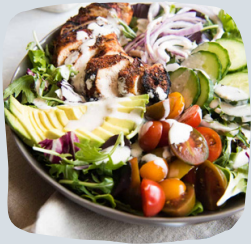




Meal Plan Week 24

Cajun Chicken Salad + Navajo Tacos + Chicken Noodle Dumping Soup + Slow Cooker Korean Short Ribs + Carne Asada + Bonus Ranger Cookies + Non-Alcoholic Mint Julep



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Mixed lettuce greens
- Grape tomatoes
- Red onion
- English or Persian cucumbers
- Avocado (3)*
- Tomatoes (2)
- Lemons (3)
- Head of garlic*
- Yellow onion (3)*
- Shredded lettuce
- Cilantro (2 bunches)
- Celery (4 stalks)
- Carrots (4-6)
- Cabbage
- Ginger
- Green onions (1 bunch)
- Limes (2)
- Jalapeno
- Mint (6 sprigs)

Meat/Poultry/Fish:

- Boneless, skinless chicken breast (6)
- Ground beef (1 lb)
- Beef short ribs (4-6 lbs)
- Skirt Steak, flank steak, or beef flap meat (2 lbs)

*Ingredient is used for more than one recipe.

Pantry:

- Olive oil*
- Mayonnaise
- Red wine vinegar
- All-purpose flour or Bluebird flour for authentic Indian Fry Bread
- Oil for frying
- Dark red kidney beans (15 oz can)
- Petite diced tomatoes (14.5 oz can)
- Mild diced green chilies (4 oz can)
- Low sodium chicken broth (12 cups)
- Soy sauce*
- Beef broth (1 cup)
- Rice vinegar
- Dark brown sugar
- Sesame oil
- Cornstarch
- Apple cider vinegar
- Shortening
- Vanilla extract
- Baking powder
- Old-fashioned oats
- Light brown sugar
- Baking soda
- All-purpose flour
- Cornflakes
- Walnuts (1 cup)
- Granulated sugar
- Ginger ale
- Maraschino cherries

Seasonings:

- Cajun seasoning
- Kosher salt
- Freshly ground black pepper
- Salt
- Chili powder*
- Cumin*
- Paprika
- Garlic powder
- Crushed red pepper*
- Chipotle chili powder*
- Thyme
- Sesame seeds
- Smoked paprika
- Oregano

Dairy/Eggs:

- Buttermilk
- Sour cream or Greek yogurt*
- Freshly grated parmesan
- Shredded cheese
- Eggs (4)
- Milk

Other:

- Pico de gallo
- Orange juice
- Ice

Bread/Bakery: