



Meal Plan Week 33

The Best Taco Soup Recipe + Ravioli Carbonara + Grilled Chicken Kabobs + Grilled Ribeye Steak + Easy French Crepes + Bonus No-Bake Chocolate Eclair Cake



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Medium onion (2)*
- Red bell pepper
- Head of garlic*
- Avocado
- Cilantro
- Green or red onion
- Lime
- Tomatoes
- Lemon
- Zucchini (1-2)
- Grape tomatoes (1 cup)
- Red, green, yellow, or orange bell pepper
- Red onion
- Cremini mushrooms (8 oz)
- Fresh rosemary

Meat/Poultry/Fish:

- Lean ground beef (1 lb)
- Bacon (6 slices)
- Chicken breasts (1 lb)
- Boneless ribeye steaks (2-4)

Bread/Bakery:

- High quality hamburger buns like brioche or french buns (4-6)

Pantry:

- All purpose flour*
- Kidney beans (15 oz can)
- Black beans (15 oz can)
- Mild diced green chilies (4 oz can)
- Salsa
- Mild enchilada sauce (10 oz can)
- Chicken broth (6 cups)
- Tortilla chips
- Vegetable oil or olive oil
- Soy sauce
- Brown sugar
- Worcestershire sauce
- Granulated sugar
- Pure vanilla extract
- Instant vanilla pudding 3.4 oz (2 boxes)
- Powdered sugar
- Graham crackers
- Cocoa powder

Other:

- Refrigerated cheese ravioli (18 oz package)

Seasonings:

- Chili powder
- Ground cumin
- Kosher salt*
- Dried oregano
- Smoked paprika
- Black pepper*
- Salt
- Ground nutmeg
- Dried basil

Dairy/Eggs:

- Cream cheese (4 oz)
- Sharp cheddar cheese (1 cup)
- Pepper jack cheese (1 cup)
- Sour cream or Mexican crema
- Heavy cream (3 cups)*
- Freshly grated parmesan
- Shredded mozzarella cheese (1 cup)
- Shredded asiago cheese (1/2 cup)
- Salted butter*
- Large eggs (2)
- Milk*

*Ingredient is used for more than one recipe.