



5 healthy + easy
**WEEKNIGHT
DINNERS**
using beef

Simple Dinner Ideas Using Beef

MEAL PLAN

| | |
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| SUN | CROCKPOT SHREDDED BBQ BEEF <i>with green beans</i> |
| MON | CLASSIC BEEF + VEGGIE KABOBS |
| TUE | STEAK + BLACK BEAN SOFT TACOS |
| WED | LEFTOVERS |
| THU | ASIAN BEEF STIR FRY |
| FRI | CLASSIC CALIFORNIA BURGER <i>with sweet potato wedges</i> |
| SAT | LEFTOVERS / EAT OUT |

GROCERY LIST

Note: this meal plan feeds my family of 3 (2 adults with big appetites + 1 toddler). If you have a larger family increase ingredients/groceries as needed.

MEAT/PROTEIN

- ☐ (2 to 2.5 lbs) BEEF SHOULDER OR CHUCK ROAST
*** Double if making extra batch of Crockpot Shredded BBQ Beef*
- ☐ (2 lbs) TOP SIRLOIN STEAK OR TENDERLOIN STEAKS
- ☐ (1 lb) BEEF BOTTOM ROUND STEAK OR TOP SIRLOIN STEAKS, cut 1/4 inch thick
- ☐ (1 lb) GROUND BEEF, 93% lean

PANTRY/GRAINS

- ☐ (1) 15-OZ CAN SWEET CORN
- ☐ (1) 15-OZ CAN BLACK BEANS
- ☐ (8) 6-INCH CORN OR WHOLE WHEAT TORTILLAS
- ☐ (8 oz) RAW ALMOND SLICES
*** Optional for green beans*
- ☐ (8-12) WHOLE GRAIN BUNS/ROLLS
*** Optional for making Crockpot BBQ Beef Sandwiches + California Burgers if you prefer buns over lettuce wraps*
- ☐ (2 TBSP) UNSALTED DRY-ROASTED PEANUTS
*** Optional for Asian Stir-Fry*
- ☐ TORTILLA CHIPS
*** Optional for Steak + Black Bean Tacos*
- ☐ PICKLES, CHEESE, KETCHUP + MAYO
*** Optional for California Burgers*

SAUCES/SPICES/OILS

- ☐ PICO DE GALLO SALSA (1 cup)
- ☐ STIR-FRY SAUCE OR LIQUID AMINOS
- ☐ KABOB + BURGER SEASONINGS OF CHOICE
- ☐ MINCED GARLIC
- ☐ CHILI POWDER
- ☐ GROUND CUMIN
- ☐ OLIVE OIL OR AVOCADO OIL

VEGGIES/PRODUCE

- ☐ (3) LARGE ONIONS
*** I prefer red onion*
- ☐ (4) RED, YELLOW OR GREEN BELL PEPPERS
- ☐ (1) TOMATO
- ☐ (2) AVOCADOS
- ☐ PRE-CHOPPED VEGGIE STIR-FRY MIX OR ASSORTED FRESH STIR FRY VEGETABLES
- ☐ (3) MEDIUM SWEET POTATOES
- ☐ (1 lb) FRESH GREEN BEANS
- ☐ (1) ZUCCHINI
- ☐ (4-6) LARGE ROMAINE, CHARD OR ICEBERG LETTUCE LEAVES
- ☐ (1 bunch) CILANTRO
- ☐ (1) LIME
- ☐ (8 oz) BABY BELLA MUSHROOMS
*** Optional for kabobs*
- ☐ (8 oz) CHERRY TOMATOES
*** Optional for kabobs*
- ☐ (1/2 cup) SHREDDED LETTUCE
*** Optional for Steak + Black Bean Tacos*
- ☐ (2 cups) FROZEN STEAM-IN-BAG BROWN RICE
*** Optional for Steak + Black Bean Tacos, can also use regular brown rice*

PREP GUIDE

DAY 1: SUNDAY

CROCKPOT SHREDDED BBQ BEEF

- 1. Make Crockpot Shredded BBQ Beef recipe in your slow cooker.** I always make a double batch so that we have leftovers for the freezer or to use for sandwiches or on top of salads for lunches throughout the week. 30 minutes before you're ready to eat, start the roasted green beans as your veggie side dish for tonight's dinner.
- 2. Prep Beef + Veggie Kabobs for Monday night's dinner.** Soak bamboo skewers for 10 minutes in water. Chop peppers + additional kabob veggies of choice (tomatoes, mushrooms, etc.) Slice Top Sirloin Steak into 1-inch thick cubes. Toss kabob veggies + steak cuts in seasoning of choice. Assemble on skewers, and store in fridge in an airtight container of choice.
- 3. Prep fajita veggies for Tuesday night's Steak + Black Bean Soft Tacos.** Chop additional peppers if you'd like to add fajita-style veggies to your Steak + Black Bean Tacos on Tuesday night. You won't be making the tacos until later in the week, but bulk chopping veggies makes life easier. Store the pre-chopped veggies in a produce saver container or in a ziplock bag with paper towels to keep fresh.

DAY 2: MONDAY

BEEF + VEGGIE KABOBS

- 1. Marinate steak for Tuesday night's Steak + Black Bean Soft Tacos.** Slice Bottom Round or Top Sirloin and marinate in an airtight glass container or larger ziplock bag in the fridge overnight. Use your favorite seasoning, or reference recipe for marinade ingredients.
- 2. Prep fajita veggies for Tuesday night's Steak + Black Bean Soft Tacos.** If you did this already yesterday, skip this step!
- 3. Option: use leftover kabobs from tonight's meal to make meal prep steak + veggie salads for lunches for the week.** You also can repurpose leftovers into salads for Wednesday night's leftover/eat out dinner!

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PREP GUIDE

DAY 3: TUESDAY

STEAK + BLACK BEAN TACOS

1. **Easy dinner tonight thanks to prep you did earlier in the week!**
2. Option to use leftover taco ingredients from tonight's meal to make meal prep Southwest salads for lunches for the week.

DAY 4: WEDNESDAY

LEFTOVERS

1. **Option: Prep stir fry veggies for Thursday night's Asian Stir Fry.** If you didn't buy pre-chopped stir-fry mix, chop your veggies for Thursday's Asian Stir Fry today. Store the pre-chopped veggies in a produce saver container or in a ziplock bag with paper towels to keep fresh.

DAY 5: THURSDAY

ASIAN STIR FRY

1. **Option: Peel and chop sweet potato wedges for Friday night's Burgers + Sweet Potato Wedges.** To save time on Friday night, you can prep sweet potato wedges the day before. Peel + chop, and store in produce saver container or ziplock bag with paper towels.

DAY 6: FRIDAY

BURGERS + SWEET POTATO WEDGES

1. **No additional prep work needed for Friday night's Burgers + Sweet Potato Wedges.** Saturday night's dinner is either leftovers or eating out, so no prep work there either!