

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*