

# WEEK 2

## DINNER MENU

**MON**  
(Day 08)

**Easy Beef Taco Bowl**



**TUE**  
(Day 09)

**Slow Cooker Buffalo Chicken**  
Serve with veggie side



**WED**  
(Day 10)

Leftovers

**THU**  
(Day 11)

**Chipotle Turkey Sweet Potato Chili**



**FRI**  
(Day 12)

**Sheet Pan Salmon & Veggies**



**SAT**  
(Day 13)

Leftovers or Takeout

**SUN**  
(Day 14)

BYOM

BYOM = Build Your Own Meal

## GROCERY LIST

### Protein & Dairy

- 2 lbs. ground beef or ground sirloin
- 2 lbs. Boneless, skinless chicken breast and/or thighs
- 1 lb. ground turkey
- 1 ¼ lb. salmon fillets
- ¼ cup (2 oz.) sour cream
- 1/3 cup unsalted butter or ghee (may use coconut oil)

### Produce

- 10 small sweet potatoes (or 6 large)
- 1 large yellow onion
- ½ small red onion
- 5 garlic cloves
- 2 medium lemons
- 1 Tbsp. fresh dill (or ½ tsp. dried dill)
- ¾ lb. fresh green beans (12 oz.)
- Easy beef taco bowl toppings
  - \_\_\_ Lettuce
  - \_\_\_ Tomato
  - \_\_\_ Onion
- Veggie side for Buffalo Chicken

### Dry Goods/Pantry Staples

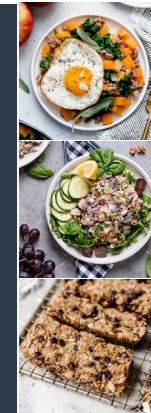
- Avocado oil or extra-virgin olive oil
- 3 Tbsp. tomato paste
- ½ cup salsa of choice
- Ranch dressing ([Homemade](#) or store-bought)
- 1 cup Franks Red Hot Sauce
- 3 Tbsp. coconut aminos
- 2 (14-oz.) can fire-roasted canned diced tomatoes
- 2 cups (16 oz.) low-sodium chicken broth

### Seasonings

- Fine salt and black pepper
- ¼ cup taco seasoning ([homemade](#) or store bought)
- 1 ½ tsp. garlic powder
- ½ tsp. cayenne (optional)
- 2 tsp. chili powder
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- ½ tsp. chipotle powder (may use smoked paprika)

\*This grocery list does not include a complete list of sides, garnishes and toppings.

## OTHER MEAL IDEAS



### **BREAKFAST:**

- Butternut Squash & Apple Hash with Turkey Sausage
- Apple Cinnamon Baked Oatmeal

### **LUNCH:**

- Chicken Waldorf Salad

### **SNACK:**

- 5-Ingredient Peanut Butter Granola Bars

Click each bold title above to be directed to full recipes

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