Milk and Mascara

Meal Plan #2

RECIPE #1: **25 MINUTE CHICKEN CAULIFLOWER FRIED RICE** via **A Sweet Pea Chef**

RECIPE #2: **GROUND TURKEY TACOS** via **Yummy Healthy Easy** and **HOMEMADE REFRIED BEANS** via **100 Days of Real Food**

RECIPE #3: **EASY CARAMELIZED BAKED CHICKEN** via **Eezy Recipes** & SALAD

RECIPE #4: **ASIAN GROUND TURKEY** via **Short List Meals**

RECIPE #5: **BBQ CHICKEN QUINOA SALAD** via Whats Gaby Cooking

RECIPE #6: **CROCKPOT CHICKEN TACO CHILI** via Skinnytaste

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GROCERY LIST:

MEAT

8-10 Boneless, Skinless Chicken Breasts
2 packs of Ground Turkey
Rotisserie Chicken (I prefer Costco)

PRODUCE

1 lg. head cauliflower
2 carrots
2 cloves garlic
Green Onions
3 – Onions
Jalapeno
Tomatoes
Cilantro
Spinach
Avocado

FROZEN FOODS

1 cup frozen edamame
10 oz package frozen corn kernels

OILS/SPICES/ETC.

Olive Oil
Sesame oil
Salt
Pepper
Soy Sauce
Peanut Butter
Chili Paste
Chili Powder
Cumin
Ketchup
Honey
Brown Sugar
Taco Seasoning

CANNED GOODS

Tomato Paste
Tomato Sauce
Corn
2 - Black Beans
Kidney Beans
Diced Tomatoes w/ chilies
Chopped Green Chili Peppers

OTHER

2 cups pinto beans dry, rinsed
1 – Box of Taco Shells
Shredded cheese
Salsa, for topping
Quinoa
BBQ Sauce
White Cheddar Cheese
Eggs