

MONDAY



SLOW COOKER SALSA CHICKEN

TUESDAY



SLOW COOKER THAI TURKEY NOODLE BOWLS

WEDNESDAY



SPICY SHREDDED BEEF TACOS

THURSDAY



TERIYAKI SALMON

FRIDAY



LOADED SLOW COOKER SLOPPY JOES



## GROCERY LIST

### ITEMS YOU PROBABLY HAVE IN STOCK

1 tsp. cumin	1/2 tsp. garlic powder	4 tbs. all-purpose flour
salt and pepper	1/4 tsp. cayenne	2 tbs. worcestershire sauce
1/2 tsp. onion powder	2/3 cup brown sugar	1 tbs. yellow mustard

### PRODUCE

1 bunch cilantro	1 bunch mint	1 avocado
3 limes	1 serrano chili	1 bunch radishes
2 medium carrots	1 bunch scallions	2 tsp. ginger
1/2 English cucumber	9 cloves garlic	1/2 tsp. ginger
1/2 small head red cabbage	2 large yellow onions	1 green pepper

### DAIRY & REFRIGERATED ITEMS

4 ounces cream cheese  
1 cup Cotija cheese  
8 slices American cheese

### FROZEN FOOD ITEMS

1 cup frozen corn

### MEAT, POULTRY, PORK & SEAFOOD

1 large boneless, skinless chicken breast	1 (2.5-3lb) flank steak
24-ounces turkey breast tenderloin	1 (2-3lb) salmon filet
	2 lbs. ground beef

### GRAINS, LEGUMES & PASTA

1 cup white rice  
1 (14-oz) package stir fry noodles

### CANNED & JARRED GOODS

1 cup salsa	1 can chipotle in adobo	french fried onions
1 cup canned black beans	1 (14.5-oz.) can beef broth	bread and butter pickles
1/2 cup coconut milk	3 tbs. teriyaki sauce	1 1/2 cups ketchup
1/4 cup peanut butter	3 tbs. hoisin sauce	2 tbs. apple cider vinegar
5 tbs. soy sauce	1 tbs. white vinegar	
hot sauce	1 tbs. sesame oil	

### MISCELLANEOUS ITEMS

1/2 cup chopped peanuts	8-12 corn tortillas
1 tsp. ancho chili powder	2 tsp. sesame seeds (optional)
1 (12-oz) Mexican beer	8 potato rolls