

Weekly Meal Plan #10: Bowls & Tacos

Printable grocery list • about four servings per dinner

This week's dinners

Monday: Loaded BBQ Chicken and Potatoes Bowl

Tuesday: Chipotle Chicken Burrito Bowls

Wednesday: Chicken Caesar Smash Tacos

Thursday: Easy Sheet Pan Steak Fajitas

Friday: Burger Bowls

GROCERY CHECKLIST

PRODUCE

- ☐ 1½–2 lb potatoes (BBQ bowls)
- ☐ 3 yellow onions
- ☐ 1 small red onion (fresh salsa)
- ☐ 5 bell peppers, mixed colors
- ☐ 1 zucchini
- ☐ 4–5 Roma tomatoes
- ☐ 2 (9 oz) bags chopped romaine
- ☐ 3–4 avocados (toppings + fajita crema)
- ☐ 4–5 limes
- ☐ 2 oranges (or orange juice)
- ☐ 1 head garlic
- ☐ 1–2 bunches fresh cilantro
- ☐ Corn (fresh, frozen, or canned)
- ☐ Optional: green onions, jalapeños, pickled onions, coleslaw

MEAT & POULTRY

- ☐ About 3½ lb boneless chicken breasts/thighs (BBQ + burrito bowls)
- ☐ 1 lb ground chicken or turkey (smash tacos)
- ☐ 1½ lb sirloin, flank, or skirt steak (fajitas)
- ☐ About 1½ lb ground beef, 85/15 or 90/10 (burger bowls)

DAIRY & REFRIGERATED

- ☐ Shredded cheddar, Monterey Jack, or Mexican blend (about 2½ cups)
- ☐ Shredded Parmesan (¼ cup)
- ☐ Plain Greek yogurt (1 large tub: marinade, crema, burger sauce)
- ☐ Caesar dressing
- ☐ Dill pickles (diced for burger bowls)
- ☐ Optional: cotija cheese, sour cream

GRAINS & PANTRY

- ☐ Rice (for cilantro lime rice)
- ☐ Small flour tortillas, 2 packages (8 for smash tacos + fajitas)
- ☐ Frozen waffle fries or French fries
- ☐ 1 can pinto beans
- ☐ Chipotle peppers in adobo
- ☐ BBQ sauce (plus extra for drizzling)
- ☐ Salsa or pico de gallo
- ☐ Mayonnaise, ketchup, dill pickle relish
- ☐ Worcestershire sauce
- ☐ Bone broth (or water)
- ☐ Croutons, optional
- ☐ Olive oil or avocado oil (and cooking spray)

SPICES

- ☐ Smoked paprika, sweet paprika, chili powder
- ☐ Garlic powder, onion powder, cumin, oregano
- ☐ Steak seasoning
- ☐ Fajita seasoning (or mix your own)
- ☐ Kosher salt and black pepper

Approximate checklist for about four servings per dinner. Ground beef and burger sauce amounts are estimates, so review each recipe card for exact quantities, and skip optional toppings your family doesn't use.