

Produce

- Lettuce (1)
- Tomatoes (1)
- Cilantro (1)
- Avocado (1)
- 2 green onions (3)
- cilantro (6)

Meat/Fish

- 1 lb chicken or beef (1)
- 1 ½ lb chicken breast (3)
- 1 lb hamburger (4)
- 1 large Ham Steak (5)
- 3 cups cooked chicken, shredded or diced (6)

Canned/ Packaged

- 3 cups white or brown rice (1)
- Taco Seasoning (1)
- Salsa (1)
- Beans (1)
- Tortilla Chips (1)
- 1 lb gluten free noodles (2)
- ½ cup coconut aminos (3)
- 3 TB honey (3)
- 2 TB apple cider vinegar (3)
- 1 jar pesto (4)
- 4 GF hamburger buns (4)
- 1 28oz green enchilada sauce (6)
- 2- 4 oz small cans green chilies, diced (6)
- 12 corn tortillas (6)
- 1 cup chicken broth (6)

MISC:

Spice/Staples

- 1 ½ tsp ginger (3)
- 1 ½ tsp garlic powder (3)
- ¾ cup oil (3)

Freezer

Refrigerator

- Sour Cream (1)
- Shredded Cheese (1)
- 1 stick salted butter (2)
- 1 cup heavy cream (2)
- 2 cups parmesan cheese (2)
- 4 slices mozzarella or 1 cup shredded (4)
- 2 cups Monterey Jack shredded cheese (6)
- 1 cup sour cream (6)

This week's Meal Plan

- 1** Rice Bowl
- 2** Alfredo w/ GF Noodles
- 3** Chicken Kabobs
- 4** Pesto Mozzarella Burgers
- 5** Ham Steak
- 6** Chicken Enchiladas