ETEN en VOEDEN

WEEKLY MEAL PREP

Smoked Chicken & Taco Meat

Family of five · Shop once · Cook once

PRODUCE

- ☐ 5 lb potatoes (2½ lb roast, 2½ lb bake) — taco bowls, baked potatoes
- ☐ 4 or 5 overripe bananas — muffins
- ☐ 2 romaine hearts, or 1 bag chopped romaine — taco bowls, walking tacos, baked potatoes
- ☐ 4 medium tomatoes — taco bowls, walking tacos, baked potatoes
- ☐ 2 yellow onions — soup, taco bowls, walking tacos, baked potatoes
- ☐ 1 bunch green onions — fried rice
- ☐ 1 bunch cilantro — taco bowls, walking tacos, baked potatoes
- ☐ 3 limes — taco bowls, walking tacos, baked potatoes
- ☐ 1 bunch celery (2 ribs) — soup
- ☐ 4 small carrots, or a 1 lb bag — soup

MEAT

- ☐ 3 to 4 lb chicken tenderloins, adjust for your family — fried rice, soup
- ☐ 1½ lb ground beef — taco bowls, walking tacos, baked potatoes
- ☐ 1½ lb ground turkey — taco bowls, walking tacos, baked potatoes

DAIRY

- ☐ 3 sticks butter — muffins, scones, soup, fried rice
- ☐ 1 dozen large eggs — muffins, fried rice
- ☐ 16 oz shredded sharp cheddar (2 bags) — taco bowls, walking tacos, baked potatoes
- ☐ 16 oz sour cream — taco bowls, walking tacos, baked potatoes
- ☐ ½ gallon whole milk (soup uses 3 cups) — soup, scone frosting
- ☐ ½ cup Greek yogurt — sourdough scones
- ☐ 2 Tbsp heavy cream, to brush (or milk) — sourdough scones
- ☐ ¾ cup + 2 Tbsp heavy cream — if making non-sourdough scones

BAKERY

- ☐ Paper muffin liners (optional) — muffins

FROZEN

- ☐ 1 bag (10–12 oz) frozen peas and carrots — fried rice

PANTRY

- ☐ 5 cups rolled oats * — protein balls
- ☐ 1 cup protein powder — protein balls
- ☐ 2 cups natural peanut butter — protein balls
- ☐ 1⅓ cups honey — protein balls
- ☐ 1 cup mini chocolate chips — protein balls
- ☐ 4¼ cups all-purpose flour * — muffins, sourdough scones, soup
- ☐ Extra ½ cup all-purpose flour — if making non-sourdough scones
- ☐ 1½ cups packed brown sugar * — muffins, scones
- ☐ ¼ cup molasses — muffins
- ☐ Vanilla extract * — muffins, scone frosting
- ☐ 1½ cups powdered sugar — scone frosting
- ☐ About ½ cup turbinado sugar — muffins
- ☐ 2 cups dry long-grain white rice * — fried rice
- ☐ 1 box Uncle Ben's Original wild rice (with packet) — soup
- ☐ 46 oz chicken broth — soup
- ☐ 16 oz salsa — taco bowls, walking tacos, baked potatoes
- ☐ 2 bags Doritos, or 1 family-size bag — walking tacos
- ☐ Soy sauce * — fried rice
- ☐ Olive oil or avocado oil * — potatoes, fried rice
- ☐ Kosher salt and black pepper * — chicken, potatoes, taco meat, baking, soup
- ☐ Cinnamon, baking soda, and baking powder * — muffins, scones
- ☐ Chili powder, cumin, and paprika * — taco meat
- ☐ Garlic powder, onion powder, and oregano * — taco meat
- ☐ Parsley flakes and red pepper flakes * — soup
- ☐ ½ cup sourdough discard, if you keep a starter — sourdough scones

ON THE MENU

Mon Chicken fried rice
Tue Taco bowls
Wed Wild rice soup
Thu Walking taco bowls
Fri Loaded baked potatoes
Sat Leftovers
Sun Flexible night

PREP NOTES

- Half the chicken is for Flatrock fried rice; half is for the soup (the soup uses 2 cups cooked). Freeze what you will not eat within 3 to 4 days.
- Half the taco meat is for taco bowls, half for walking tacos. Loaded baked potatoes can replace either one.
- Cook the fried-rice rice on prep day so it is cold. Cook the wild rice when you make the soup.
- Reheat meats, fried rice, and soup to 165°F. Recrisp roasted potatoes in a skillet or a 400°F oven.

** Pantry staple — check what you already have.*