

Asian chicken salads

Taco Salad Bowls

[Garlic Mushroom Pasta](#) (The Salty Marshmallow)

Instant Pot Chili

[Beef and Cabbage Stir Fry](#) (Budget Bytes)

BBQ chicken, sweet potatoes, and green beans

Instant Pot Curried Lentil Soup



SHOPPING LIST

MEAT (\$22.10)

\$5.94 1 pound organic chicken breast
 \$5.24 1 pound organic chicken thighs
 \$10.92 (2) pounds organic grass-fed ground beef (\$5.46 x 2)

PRODUCE (\$24.43)

\$3.98 1 bag organic broccoli slaw
 \$2.46 1 head organic iceberg lettuce
 \$0.96 1-pound organic carrots
 \$3.96 3 pounds organic onions
 \$0.75 1 piece ginger root
 \$1.48 garlic
 \$2.94 3 pounds sweet potatoes
 \$3.78 16 ounces baby Bella mushrooms
 \$2.96 Marketside Organic green bell peppers (2 count)
 \$1.16 1 bunch Marketside Organic green onions

PANTRY (\$20.46)

\$1.22 17.6 ounce Great Value Organic spaghetti
 \$0.92 1 15-ounce can Great Value Organic black beans
 \$1.32 15-ounce can GVO corn
 \$1.94 1 16-ounce jar GVO salsa
 \$0.92 1 15-ounce can GVO tri-bean blend
 \$0.92 1 15-ounce can GVO lentils
 \$1.08 14.5-ounce can GVO diced tomatoes
 \$1.88 1 32-ounce carton GVO beef broth
 \$1.67 1 28-ounce can GVO diced tomatoes
 \$1.32 1 15-ounce can GVO green beans
 \$1.98 4-ounce bag sliced almonds

\$2.56 2 bags Great Value Organic blue corn tortilla chips (\$1.28 x 2)
 \$2.73 Stonefire mini naan (4-pack)

DAIRY (\$6.26)

2.37 Great Value Organic shredded Mozzarella cheese
 2.37 Great Value Organic cheddar cheese block
 \$1.52 Great Value shredded Parmesan cheese

TOTAL- \$73.25

\$10.46/Night

PANTRY INGREDIENTS NEEDED

3 tbsp soy sauce
 1 tbsp + 2 tsp toasted sesame oil
 1 tbsp rice wine vinegar
 1 tbsp avocado/olive oil
 1.5 tsp honey
 pinch red pepper flakes, (if you like spice)
 Butter (4 T)
 1 Tbsp _ 1 tsp chili powder
 4 tsp cumin
 1 tsp paprika
 1 tsp garlic powder
 ½ tsp oregano
 ½-1 cup BBQ sauce
 1/2 Tbsp brown sugar
 Salt
 Pepper
 Sriracha (optional)



RECIPES

Asian Chicken Salads

2 cups organic chicken, cooked and shredded

½ bag organic broccoli slaw

½ head organic iceberg lettuce, shredded

1 cup Shredded carrots

½ cup Sliced almonds

¼ c sliced green onions

Dressing:

1 tbsp soy sauce

2 tsp toasted sesame oil

1 tbsp rice wine vinegar

1 tbsp avocado/olive oil

1.5 tsp honey

Optional:

½ tsp grated fresh ginger

½ tsp minced garlic

pinch red pepper flakes, (if you like spice)

1. Add all dressing ingredients to a large jar with lid (pint-size Mason jars are perfect for this). Shake shake shake.
2. Mix ½ bag slaw, shredded lettuce, carrots in large bowl.
3. Add chicken and almonds.
4. Pour in salad dressing and toss to coat. Sprinkle on green onions. Serve immediately.

Taco Salad Bowls

½ pound ground beef

6 ounces Great Value Organic shredded cheese

1 green pepper, diced

½ cup salsa

2 tsp cumin

1 tsp chili powder

1 tsp garlic powder

½ tsp salt

½ head organic iceberg lettuce

1 bag Great Value Organic blue corn tortilla chips

1. Brown beef in large skillet. Add onion, pepper, and spices and cook about 4-5 minutes.
2. Add beans and heat through.
3. Build bowls with tortilla chips on bottom, lettuce, and then beef mixture. Toss with cheese, salsa, and any other toppings desired.

Garlic Mushroom Pasta (The Salty Marshmallow)

8 oz. pasta (spaghetti on list)

12 oz. sliced mushrooms

4 Tablespoons Butter, divided

3 cloves garlic, minced

1/2 tsp salt

1/4 tsp pepper

1/2 cup Parmesan cheese

FULL RECIPE:

<https://thesaltymarshmallow.com/garlic-butter-mushroom-pasta/>



Instant Pot Chili

1-pound organic ground beef
 1 15-ounce can Great Value Organic tri-bean blend
 1 32-ounce carton Great Value Organic beef broth
 1 28-ounce can Great Value Organic diced tomatoes
 1 onion
 1 green pepper
 1 Tbsp chili powder
 2 tsp cumin
 1 tsp paprika
 1 tsp salt
 ½ tsp oregano

Toppings:

Hot sauce

1 bag Great Value Organic shredded cheddar cheese

1 bag Great Value Organic blue corn tortilla chips

1. Brown beef in Instant Pot, breaking up chunks until cooked through. Add onion and pepper sauté another 3-4 minutes. Add spices and cook about one minute. Add tomatoes, broth and beans and stir.
2. Cook on manual pressure 20 minutes. (Carefully quick release or let pressure come down naturally)
3. Serve with favorite chili toppings.

Barbecue Chicken (Instant Pot) w/ Baked Sweet Potatoes and Green Beans

1-pound organic chicken thighs

1 cup barbecue sauce

4-6 small-medium sweet potatoes

1 15-ounce can Great Value organic green beans

1. Heat oven to 400 degrees. Wash and wrap sweet potatoes in foil, piercing with fork a few times. Cook about 25-30 minutes, until tender.
2. Add chicken thighs to Instant Pot. Pour in ½ water and ½ barbeque sauce. Cook on manual pressure (high) for 10 minutes.
3. Heat green beans in saucepan over low to medium heat.

Beef and Cabbage Stir Fry (Budget Bytes)

STIR FRY SAUCE

2 Tbsp soy sauce

1 Tbsp toasted sesame oil

1 Tbsp sriracha

1/2 Tbsp brown sugar

STIR FRY

1/2 head green cabbage (on shopping list as half bag of slaw mix, this will simplify prep time)

2 carrots

3 green onions

1/2 Tbsp neutral cooking oil (avocado on list)

1/2 lb. lean ground beef

2 cloves garlic

1 Tbsp freshly grated ginger

Pinch of salt and pepper



GARNISHES (optional)

1 Tbsp sesame seeds

1 Tbsp sriracha

FULL RECIPE:

<https://www.budgetbytes.com/beef-cabbage-stir-fry/>

Curried Lentil Soup

1 15-ounce can Great Value Organic lentils (drained and rinsed)

1 onion

3 carrots

3 cloves garlic

2 Tbsp curry powder

2 cups veggie or chicken broth

1 15-ounce can Great Value Organic diced tomatoes (undrained)

Salt and pepper to taste

1 pkg mini naan

1. Sauté onions and carrots in instant pot (sauté setting) for about 5 minutes.
2. Add garlic and curry powder and heat about one minute.
3. Turn off heat and add broth, undrained tomatoes, and drained and rinsed lentils.
4. Cook on high pressure for 3 minutes.
5. Quick release and serve immediately with naan, if desired.

WORK SMARTER, NOT HARDER TIPS:

When you're browning ground beef for either Beef and Cabbage Stir Fry or Taco Salad Bowls, go ahead and brown the whole pound and set half aside before adding spices for the recipe. This will shave off some cook time for the second meal you make with the ground beef.

