



ONE WEEK BATCH MEAL PLAN

BLACK BEAN & ZUCCHINI

GROCERY LIST

3 c. dried black beans
 4 boneless, skinless chicken breasts
 1½ lbs. ground turkey
 ¾ lb. shrimp (peeled and de-veined)
 2 taco-seasoning packets
 30 pk. corn tortillas
 1 c. shredded Mexican blend cheese
 1 10 oz. can Rotel Tomatoes & Green Chilies
 1 16 oz. jar Salsa
 7 c. or 56 oz Chicken Stock
 3 Tbs. Tomato Paste
 3 zucchini
 1 ear of corn
 3 sweet potatoes
 3 onions
 2 red bell peppers
 2 green bell peppers
 2 garlic bulbs
 2 limes

TOPPINGS

cilantro
 tomatoes
 avocado
 sour cream
 salsa
 lettuce
 lime juice

IN PANTRY

cumin
 chili powder
 garlic powder
 cayenne
 corn meal
 olive oil
 wooden skewers

BATCH PREP

(estimated prep time: 2 hours + soaking time)

- Step 1:** Soak black beans for at least 4 hours or overnight. Rinse & drain.
Step 2: Cook black beans by simmering in a pot of water with 4 unpeeled garlic cloves for 1.5 hours. Stir occasionally. Drain, discard of the garlic and store in fridge.
Step 3: Boil 1 ear of corn, cut off kernals, and store in fridge.
Step 4: Dice 2 onions and 1 red & 1 green bell pepper.
Step 5: Slice 1 onion and 1 red & 1 green bell pepper into large chunks. Store together in fridge to be used for kabobs.
Step 6: Chop 3 sweet potatoes into small pieces. Leaving some skin is fine. Store in fridge.
Step 7: Mince 10 garlic cloves.
Step 8: Peel and de-vein shrimp. Store in fridge.

DAY

1

Chicken Tortilla Soup

cook time: 90 minutes
 serves: 8 (use for lunches too!)
 recipe: <http://thepioneerwoman.com/cooking/chicken-tortilla-soup/>

Optional Side: Jicama with lime & chili powder

DAY

2

Veggie & Shrimp Kabobs

cook time: 30 minutes
 serves: 4
 recipe: www.paleoplan.com/2010/02-23/shrimp-and-veggies-on-a-stick/

Optional Side: Corn on the cob

DAY

3

Black Bean & Veggie Baked Tostadas

cook time: 20 minutes
 serves: 4
 recipe: <http://ohmyveggies.com/recipe-black-bean-veggie-baked-tostadas/>
 **Use corn tortillas instead of wheat tortillas

Optional Side: Mexican Rice

DAY

4

Sweet Potato Turkey Chili

cook time: 35 minutes
 serves: 5
 recipe: <http://pinchofyum.com/rockin-5-ingredient-sweet-potato-turkey-chili>

Optional Side: Cornbread

DAY

5

Crockpot Shredded Chicken Tacos

cook time: 8 hours in crockpot + 30 min of prep
 serves: 4
 recipe: www.twohealthykitchens.com/3-ingredient-crock-pot-chicken-tacos/

Optional Side: Garden salad