



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