

PROTEIN

- 1 lb. Ground Beef (95% lean)
- 1 beef Shoulder Pot Roast, boneless (2.5 lbs.)
- 1 lb. Sirloin Tip Steaks, cut about ¼ in. thick

PRODUCE

- 1 head garlic
- 1 package iceberg or romaine salad mix
- 1 c. diced tomato
- 3 T. chopped fresh cilantro
- 1½ c. thinly sliced bell pepper, any color
- ½ medium white onion, cut into ½ in. wedges
- 1 medium jalapeno pepper, thinly sliced
- Pico de Gallo

DRY GOODS/PANTRY

- 2 T. chili powder
- 3 t. ground cumin
- 1½ t. ground chipotle Chile pepper
- Pinch of salt
- 2 t. olive oil
- 3 t. vegetable oil
- 1 can (14.5 oz.) beef broth
- ½ c. canned black beans, rinsed, drained
- 1 jar (16 oz.) chipotle salsa
- ½ c. prepared ranch dressing
- ¼ c. Tortilla strips/chips
- 20 flour tortillas

REFRIGERATOR

- ½ c. frozen corn, defrosted, drained
- ½ c. shredded reduced-fat Cheddar cheese

FULL RECIPES

[Salad Shakers](#)

[Chipotle Tacos](#)

[Beef Fajita Skillet with Pico de Gallo](#)