

GROCERY LIST



PROTEIN

- 2 lbs. lean Ground Beef
- 1 beef Top Sirloin Steak, cut $\frac{3}{4}$ inch thick (about 1 lb)

PRODUCE

- 1 lemon
- 1 lime (optional garnish)
- 1 avocado (optional garnish)
- 1 medium tomato
- 1 medium red onion
- 1 small red pepper
- 2 medium zucchinis
- 6 cups baby spinach or greens of choice
- 6 green onions
- Fresh basil
- Fresh cilantro (optional garnish)

DRY GOODS/PANTRY

- 2 Tbsp + $\frac{1}{2}$ tsp olive oil
- 1 tsp chili powder
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{2}$ tsp pepper
- 1 Tbsp garlic & herb seasoning
- 2 Tbsp honey mustard
- 2 cups (15-16 oz) red enchilada sauce
- 1 (15 oz) can black beans
- 8 (6-inch) corn or flour tortillas
- 1 jar (24 to 26 oz) garden-style pasta sauce
- 6 oz uncooked mini bowtie pasta

REFRIGERATOR

- 1 cup frozen corn (fire roasted or regular)
- 1 $\frac{1}{2}$ cups shredded Mexican blend cheese
- 1 cup reduced-fat shredded mozzarella cheese
- $\frac{2}{3}$ cup reduced-fat ricotta cheese
- Sour cream (optional garnish)
- 2 eggs

FULL RECIPES

[Beef Skillet Enchiladas](#)

[One Pot Lasagna Pasta](#)

[Garlic & Herb Steak Salad](#)