

GROCERY LIST



PROTEIN

- 12 oz Ground Beef (93% lean or leaner)
- 1 beef Top Sirloin Steak, boneless (about 1 lb)

FULL RECIPES

[Beef Breakfast Burritos](#)

[Spicy Beef Chipotle Salad](#)

PRODUCE

- 1 medium red bell pepper, chopped
- 1 small onion, finely chopped
- 4 Tbsp chopped fresh cilantro
- 3 Tbsp fresh lime juice
- 1 head Boston or Bibb lettuce
- 1 avocado, chopped
- ½ cup cherry tomatoes, halved
- Jalapeno pepper slices (optional)

DRY GOODS/PANTRY

- 2 tsp ground ancho chile powder
- ½ tsp chipotle chile powder
- ½ tsp granulated garlic
- 1 tsp ground cumin
- ½ tsp salt
- ¼ tsp black pepper
- 1½ tsp olive oil
- 1 Tbsp Worcestershire sauce
- 4 medium tortillas
- 1 can (15 oz) no salt added black beans
- Salsa (optional)

REFRIGERATOR

- 4 eggs, beaten
- 1/3 cup reduced-fat shredded cheese
- ½ cup reduced-fat dairy sour cream
- ¼ cup orange juice
- 1 cup frozen corn, thawed