

Rachel Cooks

MEAL PLAN #67 - CINCO DE MAYO

MONDAY



Cauliflower Tacos

- Make your own [pickled red onions](#). It's easy and they keep well in the refrigerator. They taste great on the pork tacos and taco burgers, too!

TUESDAY



Taco Pasta

- This fun mash-up is a one pan pasta that everyone loves!

WEDNESDAY



Slow Cooker Pork Tacos

- You'll love this flavorful, super tender shredded pork. Enjoy it as a filling for tacos or burritos. If you have extra, it freezes well.

THURSDAY



Chicken Taco Soup

- Serve with tortilla chips or homemade [corn bread](#). If you decide to make corn bread, add ingredients to grocery list.

FRIDAY



Taco Turkey Burgers

- If you prefer, ground beef can be substituted. Update grocery list accordingly.

BONUS



Homemade Taco Seasoning

- Homemade taco seasoning is very easy to make and can be used in many recipes, including a few in this meal plan.

NOTES

- To celebrate Cinco de Mayo, this meal plan is focused on a taco theme. Many of the toppings will be used for more than one meal. For more taco inspiration, check out my collection of [12 easy taco recipes](#).
- Cooking Quote of the Week: "Tacos are a celebration of culinary creativity and innovation." - Unknown





GROCERY LIST FOR MEAL PLAN #67

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- red onion (1) - M
- onions (4) - Tu/W/Th/F
- garlic (5 cloves) - W/Th
- cauliflower (1 head) - M
- red bell peppers (3) - M/Tu/W
- jalapeño peppers (2) - W
- tomatillos (¾ lb or about 6) - W
- cilantro (1 bunch) - W

DAIRY / REFRIGERATED

- whole or 2% milk (1 c) - Tu
- shredded cheddar cheese (1 c) - Tu
- egg (1) - F
- white cheddar cheese slices (4) - F

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - M/Tu/Bonus
- ground cumin - M/Tu/Bonus
- garlic powder - M/Bonus
- paprika - Tu/Bonus
- dried oregano - Tu/Bonus
- onion powder - Bonus
- red pepper flakes - Bonus

BREAD / PASTA / GRAINS

- corn or flour tortillas (16) - M/W
- rotini or other short pasta (3 c uncooked or about 8 oz) - Tu
- hamburger buns (4) - F

PANTRY

- all-purpose flour - Tu
- Worcestershire sauce - W

MEAT / FISH / PROTEIN

- lean ground turkey (2 lbs) - Tu/F
- boneless pork shoulder (1 ½ to 2 lb) - W
- boneless skinless chicken breasts (1 lb) - Th

CANNED GOODS

- 15 oz can chickpeas (1) - M
- 15 oz can black beans (2) - Tu/Th
- 15 oz can kidney beans (1) - Th
- tomato paste (2 T) - Tu
- 14.5 oz can petite diced tomatoes with green chiles (1) - Tu
- 14.5 oz can diced tomatoes (1) - Th
- 15 oz can corn kernels (1) - Th
- low-sodium chicken broth (24 oz) - Th

OTHER

- toppings: pickled red onions, cotija cheese, queso fresco cheese, cilantro, avocado, sour cream, lettuce, tomato, green onion, cilantro, jalapeño pepper, tortilla strips, etc. - M/Tu/W/Th/F
- tortilla chips or homemade corn bread ingredients for serving with soup - Th
- tortilla chips (4 oz) - F

NOTES

- Grocery list is written assuming you'll make the homemade taco seasoning. If you opt not to, you'll need two packets of store-bought taco seasoning, or about 3 tablespoons (Th/F).

