

Grocery List

Produce

1 green bell pepper
1 red bell pepper
1 small onion
1 avocado (for topping Fajita Casserole)
Sliced green onion (for topping Fajita Casserole)
1 lemon (plus additional for serving with fish)

Frozen

Refrigerated

Grated cheddar cheese (for topping Hamburger Helper and Fajita Casserole)
2 T. butter
1/4 cup grated Parmesan

Meat & Seafood

1 lb. ground beef (I like 96% lean)
2 lbs. boneless, skinless chicken breasts, thighs, or tenders
4 tilapia fillets (about 8 ounces each)

Deli

Wholegrain baguette or dinner rolls

Packaged

2 cups beef broth
1 cup uncooked elbow macaroni pasta (wholegrain or regular)
1/2 cup tomato paste
1 (15 ounce) can petite diced tomatoes
1 cup uncooked quinoa
Taco sauce
Olives (for topping Fajita Casserole)
2 T. fajita seasoning
Seasoning: salt and pepper; garlic powder; dried minced onion; dried minced garlic; chili powder