

# STRETCHED GROUND BEEF MEAL PLAN

Day 1: Cheeseburger Helper // Steamed Green Beans & Carrots

Day 2: Taco Salads // Spicy Citrus Black Beans

Day 3: Loaded Veggie Chili // Cornbread // Side Salad + Ranch Dressing

Day 4: Fajita Tacos // Homemade Tortillas

Day 5: Chili-Topped Baked Potatoes // Roasted Broccoli // Side Salad + Ranch Dressing

Day 6: Shepherd's Pie

Day 7: Egg Roll in a Bowl

Day 8: Korean Ground Beef Rice Bowls // Steamed Broccoli & Cauliflower

## SHOPPING LIST

## Cold Case

butter	17 tbsp	shredded cheese	5.50 cups
butter (optional)	2 tbsp	shredded cheese (optional)	1 cup
butter OR bacon grease	2 tbsp	sour cream	2 cups
egg	1	sour cream (optional)	1 cup
milk	2.50 cups + 1 tsp		

## Frozen

orange juice concentrate	2 tbsp
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## Meat

ground beef	2 lbs
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## Pantry

all-purpose flour	0.50 cup	cooked rice or quinoa	2 cups
apple cider vinegar*	3 tbsp	corn meal	1 cup
baking soda	1 tbsp + 0.5 tsp	flour (any)	3 cups + 2 tbsp
brown sugar	0.25 cup	green or brown lentils	1.50 cups
can black beans*	3 (15 oz)	mayo*	1 cup
can chipotle pepper sauce	1 tbsp	mayo* (optional)	0.25 cup
can diced tomatoes	3 (15 oz)	olive oil	12 tbsp
can kidney beans*	1 (15 oz)	red wine vinegar	1 tbsp
can tomato sauce	1 (29 oz)	rice wine vinegar	1 tbsp
chicken stock or broth*	2.50 cups	salsa*	2 cups
cocoa powder	2 tsp	sesame oil	2 tbsp + 2 tsp
coconut aminos (or soy sauce or liquid aminos)	8 tbsp	small pasta (macaroni, shells, elbows, etc.)	2 cups
coconut cream	1 tbsp	sriracha (!) (optional)	1 tsp
coconut oil	6 tbsp	tortilla chips (optional)	1 bag

## Produce

avocado	4	green leaf lettuce	0.50 head
bag coleslaw	1 (16 oz) + 2 (10 oz)	green onions (optional)	0.75 cup
bell pepper, green	2	iceberg lettuce	1.50 head
bell pepper, red	1	jalapeno	1
broccoli	3 heads	lime	0.5
carrot	8 + 1 lb	mushrooms	20 oz
cauliflower	1 head	onion	8
celery	8 stalks + 0.5 cup	red onion	1
cherry tomatoes	1 pt	russet potato	6
cilantro	0.50 bunch	shredded carrots	1 (10 oz)
cilantro (optional)	0.25 bunch	sweet potato	1
cucumber	1	tomato	2
garlic	10 cloves	yellow onion	1
green beans	1 lb		

## Spices

cayenne (!)	1 tsp	oregano	1.50 tbsp
chili powder	2 tbsp	pepper	3 tsp
cinnamon	0.25 tsp	pepper (optional)	0.25 tsp
cumin	2.50 tsp	red pepper flakes (!)	0.25 tsp
dill	1 tsp	sage	1 tsp
dried basil	1 tsp	salt	11.50 tsp
dried parsley	2 tbsp	salt (optional)	0.50 tsp
dry minced onion	5 tbsp	taco seasoning*	2 tbsp
garlic powder	4 tsp + 1 tbsp	thyme	1 tsp
ground ginger	2.25 tsp		

\* *These items can be made from scratch to help reduce costs. The links to recipes can be found [HERE](#).*