

Grocery List

Proteins:

- 4–5 lbs chicken breasts or thighs
- 2 lbs smoked sausage
- 1 lb cooked ground beef (already in your freezer!)

Produce:

- Bell peppers (3–4)
- Onions (3–4)
- Zucchini (1–2)
- Potatoes (1.5 lbs)
- Garlic or jarred minced garlic

Pantry:

- Olive oil or butter
- Rice
- Pasta
- Broth
- Taco seasoning
- Italian herbs
- Chili powder, paprika, garlic powder, salt, pepper
- Salsa, tomato sauce, diced tomatoes

Optional:

- Cheese
- Tortillas
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