



5-Day Meal Plan: Chicken Thighs & Ground Beef Edition

PlateMeHappy.com

Link: <https://platemehappy.com/5-day-meal-plan-chicken-thighs-ground-beef-edition/>

Shopping List

Produce

- 1 large tomato
- 2 medium onions
- 2 medium carrots
- 1/2 head lettuce
- 9 garlic cloves
- 2 cups broccoli
- 2 cups spinach
- 4 large bell peppers
- 2 stalks green onions
- 1/2 cup peas

Proteins

- 3.5 lbs chicken thighs (boneless, skinless)
- 2 lbs ground beef

Pantry Items

- 3 cups rice (uncooked + cooked)
- 1 cup tomato sauce
- 1 tbsp sesame oil
- 1/4 cup honey
- 1/4 cup + 3 tbsp soy sauce
- 2 tbsp olive oil + more for cooking
- 2 tbsp taco seasoning
- 8 taco shells
- 12 oz pasta (penne or fettuccine)

Refrigerated/Dairy

- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1 cup heavy cream
- 1/2 cup grated parmesan cheese
- 2 large eggs

Spices & Seasonings

- Salt
- Black pepper
- Oregano