

Mexican vegetable soup
(done on your stovetop)

Shredded chicken nachos
(slow cooker recipe)

Spice-rubbed flank steak with fajita vegetables
(cooked in the oven)

Creamy Mexican sauce
(no-cook recipe)

Pico de gallo
(no cooking required)

- Ground cumin
- Chili powder
- Black pepper
- Kosher salt
- Dried oregano
- Paprika
- Ground cinnamon
- Olive oil
- 1 bottle of cooking spray
- 1 small container of honey
- 5 red onions
- 1 medium orange bell pepper
- 2 medium yellow bell peppers
- 2 large sweet red peppers
- 1 small bag of uncooked scallions
- 2 small jalapeño peppers
- 1 head of garlic
- 4 small zucchinis
- 3 limes
- 2 boxes of small, grape tomatoes
- 1 can of diced, fire-roasted tomatoes
- 1 can of diced, petite tomatoes with jalapeños
- 1 can of black beans
- 1 bag of 6-inch corn tortillas
- 1 bag of shredded reduced-fat Mexican-style cheese
- 1 container of reduced-sodium chicken broth
- 1 large bunch of cilantro
- 1 jar of salsa verde
- 1 small container of plain fat free Greek yogurt (optional)
- 1 small container of Plain fat free yogurt
- 1 small container of light sour cream
- 1¼ pounds of uncooked, skinless chicken breasts
- 1 pound of uncooked, lean flank steak
- 1 small jar of pickled jalapeños (optional)

Cook once, eat all week.

