



MONDAY



Shrimp & Grits
\$29.64

TUESDAY



Chicken Tinga Tostadas
\$10.22

WEDNESDAY



Pupusas
\$5.11

THURSDAY



BBQ Pulled Pork Sandwiches
\$25.06

FRIDAY



Slow Cooker Ribs
\$24.42

Estimated Total: \$94.45

Produce:

Broccoli Slaw (1 bag)
Diced Mango (1/2 cup)
Diced Pineapple (1/2 cup)
Pineapple Juice (1 1/2 Tbsp)
Cilantro (1 Tbsp)
Onion (1/4 cup)
Green Bell Pepper (1/2)
Garlic Cloves (7)
Green Onions (4)
Fresh Parsley (1/3 cup)
Lemon (1/2)
Onion (1 + 1 small chunk)
Red Bell Pepper (1/2)
Roma Tomatoes (4)
Suggested Toppings (Tinga): Lettuce, Lime, Cilantro, Avocado

Protein:

Bacon (9 slices)
Boneless Skinless Chicken Breasts (2)
Large Shrimp (1 1/5 lb)
Pork Ribs (3 lbs)
Pork Shoulder or Butt (4 lbs)

Refrigerated:

Butter (8 Tbsp)
Shredded Cheddar Cheese (1 cup)
Shredded Mozzarella Cheese (2 cups)

Suggested Toppings (Tinga): Mexican Crema or Sour Cream, Queso Fresco

Seasonings:

Old Bay Seasoning (1 tsp)
Bay Leaf (1)
Cajun Seasoning (1 tsp)
Chili Powder (1 Tbsp)
Onion Powder (2 tsp)
Garlic Powder (2 tsp)
Cumin (1 1/2 tsp)
Kosher Salt (1 1/4 tsp)
Oregano (1 tsp)
Kosher Salt to taste
Salt & Pepper to taste

Canned Goods:

Adobo Sauce (1 tsp)
Refried Beans (1 can)
Low-Sodium Chicken Broth (5 1/2 cups)

Pantry:

Stone Ground Grits (1 cup)
All-Purpose Flour (3 Tbsp)
BBQ Sauce (32 oz + 2 cups)
Chicken Bouillon Paste (2 tsp)
Apple Cider Vinegar (1 Tbsp)
Dijon Mustard (1 tsp)
Sugar (1 Tbsp)
Brown Sugar (1 Tbsp + 1 tsp)
Mayonnaise (3 Tbsp)
Olive Oil (1 Tbsp)
Oil (2 Tbsp)
Coke - Not Diet (12 oz)

Bread & Grains:

Masa Harina (4 cups)
Slider Buns or Rolls (10)
Tostada Shells

**Tastes Better
from Scratch**

Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!