

# One week of GF THM Dinners for under \$50



## Meat

- 2 pounds ground beef (one for Taco Salad and one for Egg Roll in a Bowl)
- 2 pounds boneless pork shoulder
- 6 bone-in chicken thighs (one per person, adjust if necessary)

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## Produce

- 1 package of 3 romaine hearts
- 1 tomato
- 2 limes
- 1 head of garlic
- 1 orange
- six sweet potatoes (one per person)
- 1 package baby spinach
- 1 head of green cabbage
- 1 bunch of green onions
- 2 white onions
- 1 lemon

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## Dairy

- 1 dozen eggs
- 0% plain Greek yogurt
- butter
- parmesan cheese
- cheddar cheese (optional, not included in \$50 price)

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## Pantry/ Canned Goods

- 1 small can of sliced black olives
- 1 can of Rotel mild diced tomatoes with green chiles
- 1 pound dry black beans
- 1 pound long grain brown rice
- pumpkin seeds (optional)

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## Staples

- ingredients for DIY taco seasoning (optional)
- dried cumin
- olive oil
- salt
- pepper
- dried oregano
- dried rosemary
- garlic powder
- ground ginger