

RAINBOW

eat the rainbow!

DELICIOUS

Easy Summer Recipes Meal Plan

Chicken, Black Bean and Vegetable Enchiladas from Cookie Monster Cooking

Southwestern Pasta Salad with Creamy Avocado Dressing from Two Peas & Their Pod

Charred Corn Tacos with Zucchini Radish Slaw from Smitten Kitchen

Slow Cooker Salsa Verde Chicken Tostadas from Bake Your Day

Blueberry & Brie Grilled Cheese from Whisked by Ilana Freddy

Produce

- onion (1)
- zucchini (1) (1 small)
- corn (1)
- grape tomatoes (1 C)
- red bell pepper (1/2 C)
- orange/yellow bell pepper (1/2 C)
- red onion (1/2 C)
- sweet corn (1/2 C)
- avocado (3 large, ripe)
- lime (2-3) (2)
- garlic cloves (2) (2) (2)
- green onions (2 T) (4)
- jalapeno (1 small) (1)
- red radishes (1/2 lb)
- corn (4 ears)
- white onion (1 medium)
- yellow onion (1/4 C)
- avocado (1)
- fresh blueberries (2 C)

Herbs

- cilantro (1/3 C) (1/2 C) (3 T) (1 C)
- basil (6+ leaves)

Spices

- cumin (1/4 t)
- chili powder (1/4 t)

Dairy

- queso fresco (1 C)
- cheddar (1/2 C)
- greek yogurt (3 T)
- buttermilk (1/2 C)
- unsalted butter (2 T)
- cotija (1/2 C)
- thin slices of brie (20)
- butter (for bread)

Meat

- chicken breast (1 large) (14 oz)
- chicken thighs (16 oz)

Bread & Tortillas

- whole wheat tortillas (10)
- rotinia pasta (8 oz)
- soft corn tortillas (10-12 small)
- tostada shells or soft corn tortillas (1 package)
- thick slices of whole wheat french bread (8)

Pantry Items

- olive oil (1 T) (1 T +)
- black beans (1 can) (1 can)
- enchilada sauce (2 1/4 C)
- salsa verde (16 oz)
- chicken or vegetable broth (2 C)
- honey (to drizzle)

Extras

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