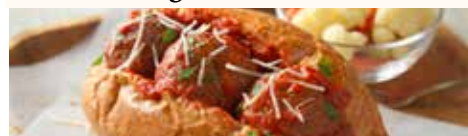


From Dinner Plate to Lunchbox

Make busy weeks a little easier with meal planning that works twice as hard.



Dinner
Beef and Vegetable Meatballs



Lunch
Zesty Meatball Sandwiches



Dinner
Beef and Black Bean Burgers



Lunch
4 Way Burger Salad



Dinner
Confetti Beef Tacos



Lunch
Crispy Taco Eggrolls



Dinner
Shredded Beef



Lunch
Cuban Crispy Shredded Beef Bowls



Breakfast
Shredded Beef and Egg Quesadillas

Beef

- ☐ 5 lb* ground beef (93% lean or leaner recommended for burgers)
- ☐ 1 beef roast (2–2½ lb Cross Rib, Shoulder or Boneless Blade Chuck)

***Plan for leftovers:** Double the beef in the dinner recipes to make tonight's dinner and tomorrow's lunch.

Produce

- ☐ 1 zucchini
- ☐ 2 large onions
- ☐ ½ red onion
- ☐ 2 green bell peppers
- ☐ 1 ripe avocado
- ☐ 2 Roma tomatoes
- ☐ 1 head Romaine lettuce
- ☐ 1 bunch fresh cilantro
- ☐ 1–2 fresh jalapeño peppers
- ☐ 1 lime (or lime juice)
- ☐ Garlic

Canned & Jarred

- ☐ 1 can (15 oz) no-salt-added black beans
- ☐ 1 can (11 oz) corn
- ☐ 1 can (4 oz) chopped or diced green chilies
- ☐ Pasta/spaghetti sauce – about 2½ cups
- ☐ 1 cup chunky salsa
- ☐ Tomato paste
- ☐ Black beans

Grains & Bakery

- ☐ Spaghetti noodles
- ☐ Hoagie rolls
- ☐ Whole-grain hamburger buns
- ☐ Taco shells
- ☐ Eggroll wrappers
- ☐ Flour tortillas (8–10 inch)
- ☐ Rice

Dairy & Eggs

- ☐ Shredded mozzarella cheese
- ☐ Shredded Oaxaca cheese
- ☐ 3 cups any combination of shredded cheddar, Monterey jack, or Mexican blend cheeses
- ☐ 5 Eggs

Herbs, Spices & Seasonings

- ☐ Salt
- ☐ Black pepper
- ☐ Dried basil
- ☐ Ground cumin
- ☐ Chile powder
- ☐ Minced garlic
- ☐ Vegetable oil
- ☐ Olive oil

Optional Toppings & Extras

- ☐ Ripe olives
- ☐ Dill pickles
- ☐ Thousand Island dressing
- ☐ Guacamole
- ☐ Sour cream
- ☐ Yogurt
- ☐ Ranch Dressing
- ☐ Lime wedges

Recipes here
or at ohiobeef.org

