

GROCERY LIST - TEX-MEX KITCHEN

PRODUCE

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- 1-10 oz bag of mixed greens
- 2 avocados
- 1 bunch cilantro
- 1 pint grape tomatoes
- 2 large bell peppers
- 7 limes
- 5 garlic cloves
- 2 small or 1 large jicama*
- 1 cucumber
- 2 oranges
- ½ c freshly squeezed or store-bought orange juice

DAIRY & PROTEIN

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- 1 lb boneless, skinless chicken breasts (or substitute 1 lb extra-firm tofu)

PANTRY, CONDIMENTS & SEASONINGS

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- 1 c raw pumpkin seeds
- 1 Tbsp chia seeds
- 1 c uncooked quinoa
- 1 jar chunky black bean and corn salsa (or substitute plain black or pinto beans)
- 1 can of chipotle peppers packed in adobo sauce (at least a 7.5 oz can)
- 2 c low-sodium chicken or vegetable stock (or use water)
- Chili powder (2 tsp)
- Cayenne pepper (½ tsp)
- Ground cumin (½ tsp)
- Tajín seasoning**
- Salt & Pepper
- Olive oil (~½ c)
- Coconut oil (1-2 Tbsp) (or sub butter)
- Honey (~3 Tbsp)
- Dijon mustard (1 Tbsp)
- Honey mustard (1 Tbsp) (or sub extra honey & Dijon)

WHAT TO PREP ON SUNDAY

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- Prepare Honey-Chipotle Chicken first to allow the chicken (or tofu) to marinate.
- Prepare Smoky Chia Chipotle Dressing.
- Prepare Lime Quinoa.
- Prepare Jicama, Orange, & Cucumber Salad.
- Wash and dice bell peppers. 2 whole bell peppers equals about 1 cup chopped. Store in a sealed container in the fridge.
- Prep grape tomatoes: portion out about ½ cup (~8 grape tomatoes) per day for each Lunch Bunch meal. You can dice them so they are ready to go, but they will be freshest if you wait to chop them until you are ready to eat.
- Optional: Prepare Tex-Mex Spiced Pumpkin Seeds

Notes on ingredients:

*Jicama is a root vegetable and can usually be found in grocery store near other tubers. Trader Joe's sells it peeled and cut in their produce section!

**Tajín is a chili and lime seasoning found in Hispanic food aisles at some grocery stores. If you can't find it, you can substitute chili powder and salt, and add extra lime juice.

RECIPES TO PREP

HONEY-CHIPOTLE CHICKEN

ADAPTED FROM HOW SWEET IT IS (WWW.HOWSWEETEATS.COM)

INGREDIENTS

- 1 lb boneless, skinless chicken breasts (or substitute 1 lb extra-firm tofu, drained, pressed, and sliced into planks)
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 c olive oil
- 3 Tbsp adobo sauce, from a can of chipotles packed in adobo sauce (save the chipotles for another recipe)
- 2 Tbsp honey
- 1 Tbsp Dijon mustard
- 1 Tbsp honey mustard (or sub extra honey and Dijon mustard)
- 2 Tbsp chopped fresh cilantro
- 4 garlic cloves, minced

STEPS

1. Add the chicken breasts to a baking dish or plastic resealable bag and season with salt and pepper.
2. In a bowl, whisk together the olive oil, adobo sauce, honey, mustards, cilantro and garlic.
3. Pour the marinade over the chicken, covering it evenly. Place it in the fridge and marinate for at least 1 hour or up to 12 hours.
4. Remove chicken breasts from marinade and cook the chicken breasts by grilling or pan-frying.
5. Cook your chicken breasts until they reach an internal temperature of 165 degrees F.
 - A) Grill the chicken breasts about 4-8 minutes per side depending upon size.
 - B) Or cook the chicken in a pan, heat a large nonstick skillet over medium-high heat. Add a small amount of olive oil and add the chicken, then cover the skillet and cook until the chicken is deeply browned on both sides and cooked in the center, about 6 minutes per side.
6. Let cool and slice into 3 oz servings. Store in a sealed container in the fridge.

LIME QUINOA

ADAPTED FROM HOW SWEET IT IS (WWW.HOWSWEETEATS.COM)

INGREDIENTS

- 1 c uncooked quinoa, rinsed
- 2 c low-sodium chicken or vegetable stock or water
- 1-2 Tbsp coconut oil (or butter)
- 2 limes, juiced and zest freshly grated
- ¼-½ tsp salt and pepper (to taste)

STEPS

1. Add the quinoa and stock (or water) to a saucepan over high heat and bring it to a boil.
2. Once boiling, reduce the heat to low and cover the pot. Cook for about 15 minutes, or until all the liquid is absorbed.
3. Stir in the coconut oil (or butter), lime juice, zest, salt and pepper.
4. Let cool and store in a sealed container in the fridge. This recipe makes 3 cups of cooked quinoa.

SMOKY CHIA CHIPOTLE DRESSING

BORROWED FROM SALAD SAMURAI BY TERRY HOPE ROMERO

INGREDIENTS

- ½ c freshly squeezed or store-bought orange juice
- 3 Tbsp freshly squeezed lime juice
- 2 Tbsp olive oil
- 1 Tbsp chopped chipotle chiles in adobo sauce
- 2 tsp honey or agave nectar

- 1 Tbsp chia seeds
- 1 garlic clove, minced
- ½ tsp ground cumin
- ½ tsp salt

STEPS

1. Whisk together all of the ingredients in a bowl and pour into a sealed container, such as a mason jar.
2. Chill in the fridge for at least 10 minutes or overnight to plump up the chia seeds.

RECIPES TO PREP (PG. 2)

TEX-MEX SPICED PUMPKIN SEEDS

BORROWED FROM CINNAMONSPICEANDEVERYTHINGNICE.COM

INGREDIENTS

- 1 c raw pumpkin seeds
- 1 tsp chili powder
- ¼ tsp cayenne pepper
- ½ tsp coarse salt
- 2 tsp fresh lime juice

STEPS

1. Preheat the oven to 325 degrees F
2. In a medium-sized bowl, toss all the ingredients together.
3. Spread out on a small non-stick baking sheet (or line with foil) and bake 8 - 10 minutes until crunchy and browned. Let cool.
4. Store in a sealed container or plastic bag in your pantry or countertop.

JICAMA, ORANGE, & CUCUMBER SALAD

INGREDIENTS

- 2 small or 1 large jicama*
- 1 cucumber
- 2 oranges
- 2 limes
- Tajín seasoning**

STEPS

1. Peel the jicama and chop into small cubes.
2. Peel oranges and chop segments into pieces.
3. Peel cucumber and slice into small chunks.
4. Place jicama, orange, and cucumber into a bowl, toss in a little fresh lime juice, and store in a sealed container in the fridge.
5. When ready to eat, scoop out a portion of the salad and squeeze on more fresh lime juice. Sprinkle seasoning on top to taste, toss, and enjoy.

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DAILY MEALS

MONDAY

LIME QUINOA BOWL

1 c quinoa +
3 oz chicken +
¼ c bell peppers +
1 Tbsp salsa +
1 oz pumpkin seeds +
¼-½ avocado +
drizzle of dressing +
cilantro +
side of ½ c jicama salad

TUESDAY

TEX-MEX SALAD

2-3 c mixed greens +
3 oz chicken +
¼ c bell peppers +
½ c jicama salad +
1 oz pumpkin seeds +
1-2 Tbsp dressing +
cilantro

WEDNESDAY

SOUTHWESTERN SAMPLER

(Serve separately)

½ c quinoa topped with 2 Tbsp
salsa +
3 oz chicken +
½ c jicama salad +
½ c tomatoes +
¼ c bell peppers +
1 oz pumpkin seeds

THURSDAY

TEX-MEX SALAD

2 c mixed greens +
½ c quinoa +
3 oz chicken +
½ c tomatoes +
¼-½ avocado +
1 oz pumpkin seeds +
1 Tbsp dressing +
side of ½ c jicama salad

FRIDAY

LIME QUINOA BOWL

1 c quinoa +
3 oz chicken +
¼ c bell peppers +
1 Tbsp salsa +
1 oz pumpkin seeds +
¼-½ avocado +
drizzle of dressing +
cilantro +
side of ½ c jicama salad

NOTES:

LIKES/DISLIKES:

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique lifestyle and body may require that you adjust the quantities of ingredients to fit your personal needs.

PLAN BY CATHERINE BORKOWSKI, RD, LDN

Catherine Borkowski, RD, LDN is a Chicago-based Registered Dietitian, yoga lover and nutrition nerd. As a self-proclaimed "flexitarian," Catherine's nutrition philosophy promotes living a plant-based powered life, practicing moderation, not deprivation and cultivating a healthy relationship with food. Catherine has focused much of her career working in the field of behavior change, helping others develop healthy, sustainable lifestyle changes. She directs a team of health coaches at EngagementHealth, a corporate wellness company in the West Loop. Outside of her passion for yoga, Catherine loves to tone with Pilates and dance it up in cardio hip hop.