



Tacos on Tacos!

BUFFET-STYLE MEAL PREP

Ingredients LIST

PROTEINS:

fajita style steak
garlic lime chicken
mexican taco meat
chili tofu

CARBS:

whole wheat tortillas
corn tortillas
brown rice
chickpea pasta

HEALTHY FATS:

avocados
hummus
reduced-fat, plain Greek yogurt

FRUITS:

mangoes

VEGETABLES:

riced cauliflower
zucchini noodles
tropical mango salad mix
roasted vegetable blend

PREPARED TOPPINGS:

tropical mango dressing
mango salsa
black beans, drained + rinsed



Meal IDEAS

MEAL 1

steak fajitas
whole wheat tortillas
black beans
cauliflower rice
fresh mango salsa

MEAL 2

garlic lime chicken
brown rice
tropical mango salad mix

MEAL 3

chili tofu
chickpea pasta
zoodles

MEAL 4

roasted vegetables
corn tortillas
tropical mango salad mix

MEAL 5

mexican taco meat
scrambled egg
whole wheat tortillas
fresh mango salsa



Complete the following recipes in order to have your buffet prepped for the week! Mix and match as needed.

Tofu Chili

Ingredients

1 Tbsp. olive oil
1 cup chopped onion (approx. 1 medium)
1 cup chopped bell pepper (approx. 1 medium)
4 cloves garlic, finely chopped
1½ cups extra-firm organic tofu, drained, crumbled
2 Tbsp. chili powder
2 tsp. ground cumin
2 tsp. ground smoked paprika
1 tsp. sea salt (or Himalayan salt)
½ tsp. ground cayenne pepper
½ tsp. ground black pepper
¼ tsp. ground allspice
2 cups all-natural tomato puree
1½ cups canned black beans, drained, rinsed
1 cup light beer, gluten-free
2 Tbsp. Worcestershire sauce, vegan, gluten-free
2 tsp. chopped fresh cilantro

Instructions

1. Heat a large pot over medium heat; add oil and heat until fragrant.
2. Add onion, bell pepper, and garlic and cook, stirring frequently, until onion is translucent, approximately 3 to 5 minutes.
3. Add tofu, chili powder, cumin, paprika, salt, cayenne pepper, black pepper, and allspice. Turn heat to medium-high and cook until tofu is lightly browned and spices smell toasty, about 2 to 3 minutes.
4. Add tomato puree, beans, beer, and Worcestershire sauce. Bring to a simmer and cook for 30 minutes, or until slightly reduced and thickened.
5. Store refrigerated in an airtight container for up to 5 days.

Servings: 4

While tofu chili is simmering, begin the next two recipes!

Garlic Lime Chicken

Ingredients

1 Tbsp. water
½ medium lime, juiced (approx. 1 Tbsp.)
1 tsp. olive oil
1 clove garlic, finely chopped
1 tsp. chili powder
1 tsp. ground cumin
¼ tsp. sea salt (or Himalayan salt)
1 (8-oz.) chicken breast, boneless, skinless
1 cup frozen (or fresh) red bell peppers
½ cup frozen corn kernels
Aluminum foil

Instructions

1. Preheat oven to 425° F (220 °C).
2. Make marinade by adding water, lime juice, oil, garlic, chili powder, cumin, and salt to a medium mixing bowl; whisk to combine. Add chicken breast, bell peppers, and corn; using clean hands, toss to coat. Cover; refrigerate for 30 minutes.
3. When chicken and bell peppers finish marinating, spread in a single layer on prepared sheet; bake, stirring vegetables once halfway through, for 15 to 16 minutes, or until a thermometer inserted into the thickest part of chicken reads 165° F. Remove chicken to a cutting board; tent with aluminum foil. Let rest for 10 minutes. Shred using two forks.
4. Store refrigerated in an airtight container for up to 5 days.

Servings: 2

Use two sheet pans and bake the chicken and following vegetable recipe at the same time!



Roasted Veggie Tacos

Ingredients

1 Tbsp. olive oil
1 tsp. chili powder
½ tsp. garlic powder
½ tsp. ground cumin
¼ tsp. sea salt (or Himalayan salt)
1 cup ½-inch cubed butternut squash, peeled
1 cup quartered brussels sprouts
1 cup sliced onion
1 cup sliced poblano chiles, seeded

Instructions

1. Preheat oven to 425° F.
2. Line a large baking sheet with parchment paper; set aside.
3. Add oil, chili powder, garlic powder, cumin, and salt to a large mixing bowl; whisk to combine. Add squash, brussels sprouts, onion, and chiles; toss to coat.
4. Spread squash mixture on prepared sheet; bake, stirring halfway through, for 20 to 22 minutes, or until tender-crisp.
5. Store refrigerated in an airtight container for up to 5 days.

Servings: 4



Mexican Taco Meat

Ingredients

1 tsp. olive oil
¾ cup chopped onion (approx. 1 medium)
1 medium jalapeño pepper, seeds and veins removed, finely chopped
2 cloves garlic, chopped
1 lb. raw ground 93% lean turkey breast
1 cup all-natural tomato sauce, no salt or sugar added
1 canned chipotle chili pepper in adobo sauce, chopped
1 Tbsp. adobo sauce from canned chipotle above
1 tsp. chili powder
1 tsp. dried Mexican oregano leaves
½ tsp. sea salt (or Himalayan salt)

Instructions

1. Heat oil in large skillet over medium-high heat.
2. Add onion and jalapeño; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute. Transfer onion mixture to a medium bowl. Set aside.
4. Add turkey to the same skillet; cook over medium heat until lightly seared, stirring frequently to break up turkey, for 6 to 8 minutes, or until turkey is no longer pink.
5. Add onion mixture, tomato sauce, chipotle chili, and adobo sauce. Season with chili powder, oregano, and salt. Mix well. Reduce heat to medium-low; gently boil, stirring frequently, for 5 to 8 minutes, or until most liquid evaporates.
6. Store refrigerated in an airtight container for up to 5 days.

Servings: 4

Steak Fajitas

Ingredients

- 1½ tsp. olive oil
- 1 lb. raw flank steak, cut into 2-inch strips
- 2 medium bell peppers, cut into strips
- 1 cup sliced onion (approx. 1 medium)
- ½ tsp. + 1 pinch sea salt (or Himalayan salt)
- 2 cloves garlic, finely chopped
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. crushed red pepper flakes (optional)



Instructions

1. Heat oil in large nonstick skillet over medium-high heat.
2. Add flank steak; cook, stirring occasionally, for 7 to 8 minutes, or until meat is no longer pink. Set aside.
3. Lightly coat a separate large nonstick skillet with cooking spray; bring to medium-high heat.
4. Add bell peppers, onion, and 1 pinch salt; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent and peppers are tender.
5. Add garlic to pepper mixture; cook, stirring frequently, for 1 minute.
6. Add pepper mixture to flank steak.
7. Add chili powder, cumin, red pepper flakes (if desired), and remaining ½ tsp. salt; cook, stirring frequently, for 2 to 3 minutes, or until heated through.
8. Store refrigerated in an airtight container for up to 5 days.

Servings: 4

Tropical Mango Salad

Ingredients

2 Tbsp. unsweetened shredded coconut
2 heads romaine lettuce, chopped
1 medium mango, peeled, chopped
½ red bell pepper, chopped
½ orange bell pepper, chopped
½ yellow bell pepper, chopped
½ red onion, chopped
¼ cup cilantro, chopped
1 clove garlic, finely chopped
2 Tbsp. fresh orange juice (approx. ½ small orange)
1 tsp. olive oil
1 tsp. mustard
1 tsp. honey
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
Medium ripe avocado, sliced

Instructions

1. Heat small pan over medium heat; add coconut. Stir frequently for 2 minutes, or until fragrant and toasted; remove from pan and set aside.
2. To make dressing, combine garlic, orange juice, oil, mustard, honey, and salt and pepper (if desired) in a small mixing bowl; whisk to blend. Store in airtight container.
3. Combine lettuce, mango, red pepper, orange pepper, yellow pepper, onion, and cilantro in a large bowl.
4. When ready to serve, drizzle serving with dressing and toss gently to coat. Top with avocado and coconut.

Servings: 2

Fresh Mango Salsa

Ingredients

2 cups diced mango
1 medium jalapeño, seeded, finely chopped (optional)
2 Tbsp. fresh lime juice
1 Tbsp. honey
1 tsp. finely grated lime peel (lime zest)
½ tsp. chili powder
¼ tsp. sea salt (or Himalayan salt)

Instructions

1. Make salsa by adding mango, jalapeño (if desired), lime juice, honey, lime peel, chili powder, and salt to a medium mixing bowl; toss to combine.
2. Store refrigerated in an airtight container for up to 5 days.

Servings: 4



Buffet Prep Checklist

- ☐ *Grocery shop for the ingredients you need*
- ☐ *Prep and make Tofu Chili*
- ☐ *Bake Garlic Lime Chicken and Roasted Veggies*
- ☐ *Make Mexican Taco Meat*
- ☐ *Make Steak Fajitas*
- ☐ *Prep Tropical Mango Salad + dressing. Keep separate until serving*
- ☐ *Prep Fresh Mango Salsa (or purchase your favorite fresh salsa)*
- ☐ *Prep brown rice, chickpea pasta, or other base servings for the week*
- ☐ *Prep cauliflower rice, zoodles, or other vegetable base servings for the week*
- ☐ *Store all proteins, bases, and toppings separately to mix and match buffet style for the week*