

Easy Taco Salad

Shopping List:

Protein

- ☐ 1 pound lean ground beef
- ☐ 1 cup canned black beans, drained and rinsed (optional)

Pantry & Seasonings

- ☐ 1 ounce taco seasoning (1 packet or 2 tablespoons homemade)

Produce

- ☐ 6 cups chopped romaine lettuce or iceberg lettuce, chopped
- ☐ 1 cup diced fresh tomatoes
- ☐ 1 avocado, diced
- ☐ Olives, bell peppers, jalapenos, red or green onion (as desired toppings)

Dairy

- ☐ 1 cup shredded cheddar cheese
- ☐ ½ cup sour cream

Chips & Salsa

- ☐ 1 cup tortilla chips
- ☐ ½ cup salsa