

TEN DINNERS. TWO GROCERY LISTS.

Two Weeks of Easier Dinners

A little planning.

One less decision at the end of the day.



A PLAN YOU CAN USE

Shop once for each week.

Cook five dinners.

Put the extra portions
to work tomorrow.

With full recipes and links
back to the website.

10 full recipes / Weekly menus / Prep notes / Leftover ideas

From Lori's Food Obsession

Dinner, with a plan.

Five dinners each week. Room for leftovers, takeout, or whatever the weekend brings.

HOW TO USE THIS GUIDE

Shop one week at a time. Check your pantry, cross off what you already have, and buy fresh ingredients for that week. Each grocery list covers one full batch of each listed recipe, including the specific serving additions shown in the menu.

MATCH THE PORTIONS TO YOUR TABLE

Recipe yields vary from about 4 to 6 servings. This is not a fixed four-person meal plan. If you change batch sizes, adjust the shopping list too. Weekends are intentionally open; leftovers depend on appetite and household size.

A FEW CHOICES ARE MADE FOR YOU

To keep shopping simple, this guide uses butter and white vinegar for Honey Garlic Chicken, and breadcrumbs, fresh garlic and Greek yogurt for the Greek meatballs. Optional garnishes and extra sides are separate from the core list.

PLAN FOR TIME, TOO

Most dinners need a short active cooking window. Salsa chicken needs several hours in the slow cooker; the chicken-and-rice casserole needs about 85-100 minutes total. Move those nights to suit your schedule.

WHAT IS INSIDE

Week 1 menu: page 3 | Week 1 shopping: page 4

Week 2 menu: page 5 | Week 2 shopping: page 6

The ten recipes: pages 7-16

Leftover ideas and storage notes: page 17

Prepared from the published recipes at lorisfoodobsession.com. Each recipe page links to its original. Serving and timing estimates are identified where the original card does not supply them.

Week 1: your dinner plan

A suggested order. Swap nights as needed, and move thawing and shopping plans with them.

MONDAY**Honey Garlic Chicken**

About 25 minutes | Recipe p. 7

TUESDAY**Cheeseburger Potato Skillet**

About 45 minutes | Recipe p. 8

WEDNESDAY**Creamy Feta Tomato Pasta**

Allow about 35 minutes* | Recipe p. 9

THURSDAY**Slow-Cooker Salsa Chicken**

10 min prep; 5-6 hr LOW or 3-4 hr HIGH | Recipe p. 10

FRIDAY**Greek Beef Meatballs**

About 45 minutes, without sides | Recipe p. 11

A SHORT HEAD START

Check pantry staples. Portion and label meat for each recipe. Keep only what you will cook within 1-2 days in the refrigerator; freeze later-week raw meat and chicken promptly. Start refrigerator thawing early enough for each portion to thaw completely.

SERVE IT WITH

Monday: rice. Thursday: 12 small tortillas. Friday: 6 pitas. These are included in your list. Tuesday and Wednesday stand on their own. Add vegetables or salad to taste; those extra sides are not totaled.

Week 1 shopping

One full batch of all five recipes. Amounts are what you need, not package sizes; buy enough to cover them.

MEAT & POULTRY

- ☐ 3 lb ground beef (1 lb skillet + 2 lb meatballs)
- ☐ 1 lb boneless, skinless chicken breasts
- ☐ 2 lb boneless, skinless chicken thighs

PRODUCE

- ☐ 1 1/2 lb Yukon gold potatoes
- ☐ 3 small yellow onions: 2 whole + at least 1/4 cup diced
- ☐ 10 garlic cloves (usually 1-2 bulbs)
- ☐ 2 pints cherry tomatoes
- ☐ 1 lemon (need 1 Tbsp juice for sauce)
- ☐ 1 lime (need 1 Tbsp juice)
- ☐ 10 fresh basil leaves

DAIRY & EGGS

- ☐ 3 1/2 Tbsp unsalted butter
- ☐ 1 cup shredded cheddar
- ☐ 8 oz block feta
- ☐ 1/2 cup plain Greek yogurt
- ☐ 1 large egg

GRAINS & BREAD

- ☐ 12 oz dry pasta
- ☐ 1 cup dry rice for the honey chicken
- ☐ 1/2 cup plain breadcrumbs
- ☐ 12 small tortillas for salsa chicken
- ☐ 6 pitas for meatballs

JARS, CANS & CONDIMENTS

- ☐ 2 cups tomato salsa
- ☐ 1/2 cup low-sodium beef broth, plus extra
- ☐ 2 Tbsp ketchup
- ☐ 1 Tbsp yellow mustard
- ☐ 1 tsp Worcestershire sauce
- ☐ 1 Tbsp soy sauce
- ☐ 1 1/2 Tbsp white vinegar
- ☐ 1/4 cup honey

CHECK THE PANTRY

- ☐ 3 Tbsp olive oil
- ☐ 1/4 cup all-purpose flour
- ☐ 2 tsp sugar
- ☐ 2 tsp ground cumin
- ☐ 1 tsp chili powder
- ☐ 1/2 tsp garlic powder
- ☐ 1 tsp dried oregano
- ☐ 2 tsp Italian seasoning
- ☐ 1 tsp paprika + 1/2 tsp smoked paprika
- ☐ 1/4 tsp red pepper flakes
- ☐ Salt: 2 1/8 tsp total, plus to taste
- ☐ Black pepper: 1 1/4 tsp, plus to taste

Optional extras

2 green onions for the skillet; cilantro for salsa chicken; parsley or dill (up to 3 Tbsp total) and extra lemon juice for meatballs. Extra salad, taco toppings or other sides are your choice.

Week 2: your dinner plan

A suggested order. Swap nights as needed, and move thawing and shopping plans with them.

MONDAY**Parmesan Crusted Chicken**

Allow about 30 minutes* | Recipe p. 12

TUESDAY**Chicken Orzo Soup**

About 50 minutes | Recipe p. 13

WEDNESDAY**Smoky Black Bean Soup**

Allow about 35 minutes* | Recipe p. 14

THURSDAY**Chicken, Squash & Rice Casserole**

About 85-100 minutes | Recipe p. 15

FRIDAY**Burger-Night Tacos**

About 25 minutes | Recipe p. 16

A SHORT HEAD START

Buy or thaw the early-week chicken. Freeze later-use raw meat promptly, and thaw in the refrigerator before its cooking day. Get the cooked chicken for Thursday near that day, or freeze it promptly after purchase and thaw safely.

SERVE IT WITH

Monday: 1 lb green beans. Friday: 8 small tortillas, 1 cup cheddar and 2 cups lettuce. These are included. Soup toppings and extra bread remain optional.

Week 2 shopping

One full batch of all five recipes. Amounts are what you need, not package sizes; buy enough to cover them.

MEAT & POULTRY

- ☐ 4 boneless, skinless chicken breasts for Parmesan chicken
- ☐ 1 1/2 lb boneless, skinless chicken breasts for soup
- ☐ 2 1/2 cups cooked chicken for casserole
- ☐ 1 lb ground beef
- ☐ 10 slices bacon

PRODUCE & FREEZER

- ☐ 2 medium onions + 1 large onion (includes 1 Tbsp for sauce)
- ☐ 8 garlic cloves (usually 1 bulb)
- ☐ 2 medium carrots + 2 celery stalks
- ☐ 3 cups peeled, cubed butternut squash
- ☐ 1 bunch cilantro
- ☐ 1 Tbsp chopped parsley
- ☐ 1 lime (use half)
- ☐ 2 cups shredded lettuce for tacos
- ☐ 1 lb frozen green beans for Parmesan chicken

DAIRY & CHILLED

- ☐ 1 Tbsp butter
- ☐ 1/4 cup grated Parmesan
- ☐ 1 cup shredded cheddar for tacos
- ☐ 1 cup mayonnaise (1/2 cup in each chicken/taco recipe)

Optional extras

scallions, sour cream and extra cheddar for soup; extra parsley for casserole; additional chopped onion for tacos; bread for soup. Check before buying: butter, breadcrumbs and condiments may carry over from Week 1.

GRAINS & BREAD

- ☐ 1/2 cup plain breadcrumbs
- ☐ 1 cup dry orzo
- ☐ 1 1/2 cups dry long-grain white rice
- ☐ 8 small tortillas

JARS, CANS & CONDIMENTS

- ☐ Chicken broth: 9 cups + one 14 1/2 oz can; extra for thinning
- ☐ Diced tomatoes: 1 1/2 cups with juices + one 14 1/2 oz can, drained (buy 2 cans)
- ☐ 4 cans (15 1/2 oz each) black beans
- ☐ 1/4 cup ketchup
- ☐ 2 tsp Worcestershire sauce
- ☐ 2 Tbsp sweet pickle relish
- ☐ 2 tsp yellow mustard
- ☐ 1 tsp white vinegar

CHECK THE PANTRY

- ☐ 2 Tbsp olive oil, plus some for the dish
- ☐ 2 Tbsp all-purpose flour
- ☐ 2 1/4 tsp Italian seasoning
- ☐ 1 Tbsp chili powder
- ☐ 1/2 tsp paprika
- ☐ 1/2 tsp onion powder
- ☐ 1/2 tsp garlic powder
- ☐ Salt: 1 tsp, plus to taste
- ☐ Black pepper: 1/2 tsp, plus to taste

Honey Garlic Chicken

A short skillet dinner with a glossy sauce worth spooning over rice.

About 4 servings | About 25 minutes

INGREDIENTS

1 lb boneless, skinless chicken breasts
(about 2 breasts)
Salt and black pepper, to taste
1/4 cup all-purpose flour
3 1/2 Tbsp unsalted butter, divided
2 garlic cloves, minced
1 1/2 Tbsp white vinegar
1 Tbsp soy sauce
1/4 cup honey

MAKE IT

- 1.** Slice each breast horizontally into two thin cutlets. Season with salt and pepper, coat lightly with flour, and shake off the excess.
- 2.** Reserve about 1 tsp of the butter. Heat the rest in a large skillet over medium-high heat. Add the cutlets in one layer; cook 2-3 minutes on the first side, then turn and cook about 1 minute.
- 3.** Lower the heat to medium. Add the reserved butter and garlic; stir for about 30 seconds. Add the vinegar, soy sauce and honey.
- 4.** Simmer gently, turning the chicken in the sauce, until every cutlet reaches 165°F at its thickest point. Add a splash of water if the sauce thickens too much. Spoon the sauce over the chicken.

Kitchen note: Measure the sauce ingredients before you start. Thinner, even cutlets cook more evenly.

At the table: Menu addition: cook 1 cup dry rice by its package directions for four modest portions. Rice is included in the weekly list.

Next time around: Slice refrigerated leftover chicken into a rice bowl. Reheat the chicken to 165°F with a splash of water.

[Open the original recipe at Lori's Food Obsession](#)

Cheeseburger Potato Skillet

Tender potatoes, ground beef and melted cheddar in one pan.

4 servings | About 45 minutes

INGREDIENTS

1 lb lean ground beef
1 1/2 lb Yukon gold potatoes, in 1/2-inch cubes
1 small yellow onion, diced
1 Tbsp olive oil, as needed
2 garlic cloves, minced
1/2 tsp smoked paprika
1/2 tsp kosher salt, plus more to taste
1/4 tsp black pepper
1/2 cup low-sodium beef broth, plus more if needed
2 Tbsp ketchup
1 Tbsp yellow mustard
1 tsp Worcestershire sauce
1 cup shredded cheddar
Optional: 2 green onions, sliced

MAKE IT

- 1.** Brown the beef over medium-high heat in a large skillet until fully cooked to 160°F. Transfer to a bowl. Leave about 1 Tbsp fat in the pan; drain excess or add olive oil if dry.
- 2.** Add potatoes and onion; cook over medium heat for 5 minutes, stirring. Add garlic, paprika, salt and pepper; stir for 30 seconds.
- 3.** Add broth, cover, and cook over medium-low heat for 12-18 minutes. Stir every few minutes until potatoes are fork-tender. Add broth if the pan dries before they soften.
- 4.** Return beef and juices to the pan. Stir in ketchup, mustard and Worcestershire. Cook uncovered for 2-3 minutes.
- 5.** Add cheddar, cover, and heat on low for 1-2 minutes to melt. Finish with green onions, if using.

Kitchen note: Cut the potatoes to a similar size so they soften at the same rate.

At the table: This is a complete skillet meal. A side salad is optional and is not included in the grocery totals.

Next time around: Reheat a portion, covered, with a small splash of broth until it reaches 165°F. Add fresh green onion at the table.

[Open the original recipe at Lori's Food Obsession](#)

Creamy Feta Tomato Pasta

Roasted tomatoes and warm feta make the sauce while the pasta cooks.

About 4 servings* | Allow about 35 minutes*

INGREDIENTS

2 pints cherry tomatoes
2 Tbsp extra-virgin olive oil, divided
2 garlic cloves, minced
2 tsp granulated sugar
1/4 tsp red pepper flakes
1/2 tsp sea salt
1/2 tsp black pepper
2 tsp Italian seasoning
8 oz block feta
10 fresh basil leaves, torn
12 oz dry pasta

MAKE IT

- 1.** Heat the oven to 400°F. Use a baking dish that is also safe for the broiler. Toss tomatoes with 1 Tbsp oil, garlic, sugar, pepper flakes, salt, pepper and Italian seasoning.
- 2.** Make a space in the middle and add the feta block. Drizzle it with the remaining 1 Tbsp oil. Bake uncovered for 20 minutes.
- 3.** Meanwhile, cook pasta according to the package. Before draining, reserve 1 cup of pasta water.
- 4.** Broil the feta and tomatoes on high for up to 5 minutes, watching closely, until the cheese is golden and tomatoes lightly char.
- 5.** Mash the feta and tomatoes together with a fork. Stir in basil, cooked pasta and 1/2 cup reserved pasta water. Add more pasta water as needed for a creamy sauce.

Kitchen note: Choose a broiler-safe dish; glass dishes are often not rated for broiling. Check the manufacturer's instructions.

At the table: *Serving yield and total time are planning estimates; the original card does not specify them. The shopping list uses the original full batch.

Next time around: Reheat with a splash of water to loosen the sauce, stirring until hot throughout and 165°F.

[Open the original recipe at Lori's Food Obsession](#)

Slow-Cooker Salsa Chicken

A hands-off filling for warm tortillas, with lime stirred in at the end.

6 servings of filling | 10 min prep; 5-6 hr LOW or 3-4 hr HIGH

INGREDIENTS

2 lb boneless, skinless chicken thighs, fully thawed
2 cups jarred tomato salsa
1 small yellow onion, thinly sliced
1 tsp ground cumin
1 tsp chili powder
1/2 tsp garlic powder
1 Tbsp fresh lime juice
Optional: chopped cilantro

MAKE IT

- 1.** Put onion in the slow cooker and arrange fully thawed chicken on top.
- 2.** Mix salsa, cumin, chili powder and garlic powder. Pour over the chicken. Cover.
- 3.** Cook on LOW for about 5-6 hours or HIGH for 3-4 hours, until the thickest pieces reach at least 165°F and shred easily. Slow cookers vary; check temperature and tenderness.
- 4.** Transfer chicken to a board, shred with two forks, and stir back into the sauce. Add lime juice. Taste before adding salt.
- 5.** Serve with cilantro if using, in warmed tortillas or your preferred bowl.

Kitchen note: Start refrigerator thawing with enough time for the chicken to thaw completely. Do not put frozen chicken into the slow cooker.

At the table: Menu addition: 12 small tortillas (about 2 per serving), included in the list. Cheese, lettuce and other toppings are optional extras.

Next time around: Freeze extra filling in meal-sized portions, or refrigerate and use within 3-4 days. Reheat to 165°F before filling tortillas.

[Open the original recipe at Lori's Food Obsession](#)

Greek Beef Meatballs

Oven-baked meatballs with a quick lemon garlic yogurt sauce.

6 servings; about 24 meatballs | About 45 minutes, without sides

INGREDIENTS

MEATBALLS

2 lb ground beef
1 large egg
1/2 cup plain breadcrumbs
3 garlic cloves, minced
1/4 cup finely diced onion
1 tsp ground cumin
1 tsp dried oregano
1 tsp paprika
1 tsp salt; 1/2 tsp black pepper

SAUCE

1/2 cup plain Greek yogurt
1 Tbsp lemon juice
1 small garlic clove, finely minced
1/8 tsp salt; pinch of black pepper
Optional: juice of 1/2 lemon and 2 Tbsp
parsley/dill in meatballs; 1 Tbsp herbs in
sauce

MAKE IT

- 1.** Heat oven to 400°F. Line a rimmed sheet pan with parchment rated for that temperature.
- 2.** Beat the egg lightly. Mix in breadcrumbs, 3 garlic cloves, onion, cumin, oregano, paprika, salt and pepper. Add optional lemon and herbs. Gently mix in beef just until combined.
- 3.** Shape into about 24 evenly sized meatballs, roughly 1 1/2 inches across. Space on the pan. Bake 18-22 minutes, until centers of several large meatballs reach 160°F.
- 4.** Meanwhile, stir the yogurt, 1 Tbsp lemon juice, small garlic clove, 1/8 tsp salt, pepper and optional herbs together. Refrigerate until serving.
- 5.** Rest meatballs for 3-5 minutes and serve with the cold sauce.

Kitchen note: The list uses breadcrumbs, fresh onion, fresh garlic and Greek yogurt from the options in the original recipe.

At the table: Menu addition: 6 pitas, one per serving, included in the list. Extra salad vegetables are optional.

Next time around: Store sauce separately. Reheat meatballs to 165°F and add cold sauce after reheating.

[Open the original recipe at Lori's Food Obsession](#)

Parmesan Crusted Chicken

A short ingredient list and a Parmesan topping for the oven.

About 4 servings* | Allow about 30 minutes*

INGREDIENTS

4 boneless, skinless chicken breasts,
pounded to even thickness

1/2 cup mayonnaise

1/4 cup grated Parmesan

1 tsp Italian seasoning

1/2 cup plain breadcrumbs

MAKE IT

1. Heat oven to 425°F. Arrange chicken breasts on a baking sheet with room around each piece.

2. Mix mayonnaise and Parmesan in a bowl. Spread the mixture evenly over the tops of the chicken breasts.

3. Sprinkle the Italian seasoning and breadcrumbs evenly over the topping.

4. Bake for about 20 minutes, or until the thickest part of every breast reaches 165°F. Breast size and thickness affect cooking time; continue baking as needed.

Kitchen note: Pound the breasts to an even thickness before adding the topping. The list keeps the original four-breast quantity rather than assuming a weight.

At the table: Menu addition: 1 lb frozen green beans, cooked according to package directions. *Yield and total time are planning estimates; the original specifies four breasts and about 20 minutes baking.

Next time around: Reheat on an oven-safe tray until the chicken reaches 165°F. The topping may soften when stored.

[Open the original recipe at Lori's Food Obsession](#)

Chicken Orzo Soup

Chicken, little spoonfuls of pasta and vegetables in a light broth.

About 6 servings | About 50 minutes

INGREDIENTS

2 celery stalks, finely chopped
2 medium carrots, finely chopped
1/2 medium onion, chopped
1 Tbsp butter
1 Tbsp olive oil
3 garlic cloves, minced
2 Tbsp all-purpose flour
6 cups chicken broth, plus more if needed
1/4 tsp Italian seasoning
1 1/2 lb raw boneless, skinless chicken breasts
1 cup dry orzo
1 Tbsp chopped fresh parsley
Salt and black pepper, to taste

MAKE IT

1. Heat butter and oil in a large pot over medium-high heat. Add celery, carrots and onion; cook 5-7 minutes, stirring.
2. Add garlic and stir for 30 seconds. Add flour and cook, stirring, for 1 minute. Gradually stir in broth until blended.
3. Add Italian seasoning and raw chicken. Bring to a boil, then simmer gently with the lid slightly ajar for 15 minutes.
4. Add orzo. Simmer uncovered about 10 minutes, or its package timing, stirring often, until pasta is tender. Continue cooking until every chicken breast reaches 165°F.
5. Move cooked chicken to a clean board, chop or shred, and return it to the soup. Add parsley, salt and pepper. Add broth if you want a thinner soup.

Kitchen note: If saving several portions, cook the orzo separately and add to individual bowls so it does not absorb all the broth.

At the table: Bread is optional and is not included in the grocery totals.

Next time around: Store pasta and soup separately if practical. Reheat soup to a bubbling boil, stirring, and verify chicken reaches 165°F.

[Open the original recipe at Lori's Food Obsession](#)

Smoky Black Bean Soup

Bacon, black beans and a squeeze of lime make a hearty pot of soup.

About 6 servings* | Allow about 35 minutes*

INGREDIENTS

10 slices bacon, chopped
1 large onion, chopped
3 garlic cloves, minced
1 can (14 1/2 oz) chicken broth
1 1/2 cups canned diced tomatoes, with their juices
2 Tbsp ketchup
2 tsp Worcestershire sauce
1 Tbsp chili powder
4 cans (15 1/2 oz each) black beans, drained but not rinsed
Salt and black pepper, to taste
1 bunch cilantro, coarsely chopped
Juice of 1/2 lime
Optional toppings: scallions, sour cream, grated cheddar

MAKE IT

- 1.** Put bacon and onion in a large heavy pot over medium heat. Cook until bacon is cooked through and onion is translucent. Add garlic and stir about 1 minute.
- 2.** Add broth, tomatoes, ketchup, Worcestershire and chili powder. Stir in beans and bring to a boil. Reduce to a gentle simmer for 10 minutes. Season to taste.
- 3.** Take the pot off the heat. Carefully use an immersion blender, keeping its head submerged, to blend about half the beans for a thicker soup.
- 4.** Stir in cilantro and lime juice. Serve with any toppings you choose.

Kitchen note: Drain the beans without rinsing. This recipe includes bacon and chicken broth.

At the table: *Yield and total time are planning estimates; the original card does not specify them. Optional toppings are listed separately on the shopping page.

Next time around: Freeze soup without the toppings in individual portions. Thaw in the refrigerator; reheat to a bubbling boil, stirring, and 165°F.

[Open the original recipe at Lori's Food Obsession](#)

Chicken, Squash & Rice Casserole

A cozy 9x13 dinner made with cooked chicken and uncooked rice.

6 servings | About 85-100 minutes

INGREDIENTS

1 Tbsp olive oil, plus a little for the dish
1 1/2 cups dry long-grain white rice, rinsed and drained well
3 cups peeled butternut squash, in 1/2-inch cubes
2 1/2 cups cooked chicken, in bite-size pieces
1/2 medium yellow onion, finely diced
1 can (14 1/2 oz) diced tomatoes, well drained
2 garlic cloves, minced
1 tsp Italian seasoning
1/2 tsp kosher salt, adjusted for broth
1/4 tsp black pepper
3 cups hot low-sodium chicken broth, plus more if needed
Optional: chopped parsley

MAKE IT

1. Heat oven to 375°F. Lightly oil a deep 9x13-inch baking dish.
2. Mix rice, squash, cooked chicken, onion, drained tomatoes, garlic, Italian seasoning, salt, pepper and 1 Tbsp oil in the dish. Spread evenly.
3. Pour in the hot broth and stir gently. Cover very tightly with foil to trap steam.
4. Bake for 55 minutes. Lift foil carefully away from your face. Check that the rice and squash are tender and the center reaches 165°F.
5. If rice is firm, add 1/4 cup hot broth if the dish looks dry, re-cover tightly and bake another 10-15 minutes. Repeat as needed.
6. Let stand covered for 10 minutes. Fluff gently, adjust seasoning and add parsley if using.

Kitchen note: Reserve this meal for an evening with a longer oven window. Buy cooked chicken near cooking day or freeze it promptly and thaw in the refrigerator.

At the table: Use long-grain white rice; the liquid amount and timing are not designed for brown rice or instant rice.

Next time around: Portion into shallow containers promptly. Reheat covered with a splash of broth until the center reaches 165°F.

[Open the original recipe at Lori's Food Obsession](#)

Burger-Night Tacos

Lori's Big Mac Tacos/Burritos, with a simple homemade burger sauce.

About 4 servings | About 25 minutes

INGREDIENTS

BEEF

1 lb ground beef
1/2 medium onion, finely chopped
1/4 tsp each: salt, black pepper, onion powder and garlic powder

BURGER SAUCE

1/2 cup mayonnaise
2 Tbsp sweet pickle relish
1 Tbsp finely minced onion
2 Tbsp ketchup
2 tsp yellow mustard
1 tsp white vinegar
1/2 tsp paprika
1/4 tsp each: salt, garlic powder and onion powder

TO SERVE

About 8 small tortillas
Cheddar, shredded lettuce and chopped onion, to taste

MAKE IT

1. Mix all the burger-sauce ingredients in a small bowl. Refrigerate while cooking the filling.
2. Cook the beef and 1/2 chopped onion over medium-high heat, breaking up the beef, until the onion is tender and the beef reaches 160°F. Drain excess fat.
3. Stir in the filling's 1/4 tsp each of salt, pepper, onion powder and garlic powder.
4. Warm tortillas according to the package or briefly in a dry skillet. Fill with beef, cheddar, lettuce, chopped onion and sauce.

Kitchen note: For the grocery list, allow 1 cup shredded cheddar and 2 cups shredded lettuce for the four servings; adjust these flexible topping amounts to taste.

At the table: The menu uses 8 small tortillas. The original also offers 4 large burrito tortillas instead; choose one size at the store.

Next time around: Store filling, sauce and toppings separately. Reheat beef to 165°F, then assemble fresh tacos.

[Open the original recipe at Lori's Food Obsession](#)

Make tomorrow easier.

Give extra portions a destination before they disappear into the back of the refrigerator.

A LUNCH BOWL

Slice leftover Honey Garlic Chicken over rice. Keep toppings separate for burger tacos and Greek meatballs; warm the meat, then add cold toppings or sauce.

A FREEZER DINNER

Salsa chicken and black bean soup are easy to portion. Freeze what you will not use within the refrigerator window. For chicken orzo soup, keep the pasta separate where practical.

A SMALL FRESH FINISH

Use remaining basil on pasta, a little green onion on the skillet, or extra lettuce in a taco bowl. Add these after reheating so they keep their texture.

SHOP AND STORE

Keep the refrigerator at 40°F or below and the freezer at 0°F or below. Raw ground beef and raw poultry keep only 1-2 days refrigerated; cook or freeze them within that window. Thaw in the refrigerator, allowing enough time for the size of the package.

COOL AND REHEAT

Refrigerate perishable leftovers in shallow containers within 2 hours, or 1 hour when temperatures exceed 90°F. Use refrigerated cooked leftovers within 3-4 days, or freeze them. Reheat leftovers to 165°F. Bring soups to a bubbling boil while stirring.

USE A THERMOMETER

Cook ground beef to at least 160°F. Cook chicken and casseroles to at least 165°F. Check the thickest parts; appearance alone does not confirm doneness.

Storage and temperature references: [FoodSafety.gov storage chart](#); [safe minimum temperatures](#); [four steps to food safety](#). Accessed September 16, 2026.