

# Taco Tuesday Meal Plan

More than 175,000 combinations!

Choose one or more foods from each category to create a delicious and healthy taco meal! For a fun twist, let the kids choose, you'll be amazed with their creations! With more than 175k combinations, you'll never run out of Taco Tuesday ideas!

## Taco Shell

Soft Corn Tortilla	Flour Tortilla	Gluten Free Tortilla	Collard Greens Wrap
Hard Corn Tortilla	Whole Wheat Tortilla	Lettuce Wrap	Zucchini Boat Tacos

## Protein

Grilled Chicken	Crumbled Tofu
Ground Turkey	Baked Tofu
Ground Beef	Tempeh
Chorizo	Beans
Grilled Pork	Lentils
Shrimp	Eggs
Grilled Fish	Chopped Walnuts

## Hearty Veggies

Cauliflower	Kale
Mushrooms	Swiss Chard
Zucchini	Roasted Carrots
Summer Squash	Delicata Squash
Butternut Squash	Rutabaga
Sweet Potatoes	Peppers
Jackfruit	Eggplant

## Toppings

Cheese	Cilantro
Lettuce	Arugula
Shredded Cabbage	Onion
Chopped Tomatoes	Lime Wedges
Roasted Tomatoes	Mango
Corn	Pineapple
Avocado	Radishes

## Salsas

Tomato Salsa	Queso
Tomatillo Salsa	Hot Sauce
Sour Cream	Creamy Chipotle Sauce
Guacamole	Creamy Lime Sauce

For more simple nutrition advice for hungry families, visit:  
[www.nutritionhungry.com](http://www.nutritionhungry.com)

**NUTRITION  
HUNGRY**

# Taco Tuesday Meal Plan

## Kid's Edition

Choose one or more foods from each category to create a delicious taco dinner! Let your kids choose what to have, and they'll be more likely to enjoy their food! With more than 3,000 combinations, you'll never run out of Taco Tuesday ideas!

### Base



Tortilla



Lettuce Wrap



Nachos



Burrito Bowl

### Protein



Chicken



Eggs



Beef/Turkey



Chopped Walnuts



Beans



Shrimp

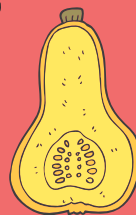
### Veggies



Cauliflower



Carrots



Butternut Squash



Zucchini



Sweet Potato



Spinach

### Extras



Avocado



Pineapple



Cheese



Tomato



Mango



Lettuce

### Toppings



Salsa



Guacamole



Cilantro



Sour Cream

For more simple nutrition advice for hungry families, visit: [www.nutritionhungry.com](http://www.nutritionhungry.com)

**NUTRITION  
HUNGRY**