



October 12–16, 2026

SLOW-COOKER & ONE-POT WEEK

YOUR 5 DINNERS

1. Monday — Slow-Cooker Chicken & Vegetable Chili

- a. Chicken, black beans, tomatoes, corn, peppers and spices.

2. Tuesday — Chicken Chili Stuffed Sweet Potatoes

- a. Use leftover chili over baked sweet potatoes with Greek yogurt and a little cheese.

3. Wednesday — Chicken Chili Tacos

- a. Use remaining chili as taco filling with cabbage, tomatoes and avocado.

4. Thursday — One-Pot Turkey & Vegetable Pasta

- a. Lean ground turkey, pasta, tomatoes, spinach and vegetables cooked together.

5. Friday — Turkey Pasta Bowls

- a. Use remaining turkey pasta mixture over greens with Parmesan and a simple dressing.

YOUR GROCERY LIST

Protein

- 2½ lb boneless chicken



- 1½ lb lean ground turkey

Produce

- 4 sweet potatoes
- 1 onion
- 3 bell peppers
- 1 package baby spinach
- 1 small head cabbage or slaw mix
- 2 tomatoes
- 2 avocados
- Garlic
- Cilantro
- Lime

Pantry

- Black beans
- Kidney beans
- Diced tomatoes
- Tomato sauce
- Corn
- Whole-grain pasta
- Whole-grain tortillas
- Chili powder
- Cumin
- Paprika
- Italian seasoning

Dairy

- Shredded cheese
- Parmesan
- Plain Greek yogurt

YOUR PREP GUIDE

Prep Session — Approximately 45–60 Minutes

➤ Build the slow cooker.

- Add chicken, beans, tomatoes, peppers, onions and spices.



➤ **Start the chili.**

- Let the slow cooker handle the heavy lifting.

➤ **Prep sweet potatoes.**

- Wash and store them ready for baking.

➤ **Chop taco toppings.**

- Prepare cabbage, tomatoes, cilantro and avocado.

➤ **Brown the turkey.**

- Cook and refrigerate for Thursday.

➤ **Portion everything.**

- Keep your ingredients organized so dinner becomes assembly rather than cooking from scratch.

Your goal:

Dinner should be waiting for you—not the other way around.
