



Weekly Meal Plan 17

Once Upon a Chef

Let us take meal planning and grocery lists off your plate.

MEALS		INGREDIENTS (on shopping list)	PRESUMED INGREDIENTS (not on shopping list)
M	The Best Grilled Chicken	1¾ boneless, skinless Chicken Breasts	8 tbsp Extra Virgin Olive Oil
O	French Grated Carrot Salad	1 Lemon	4 large Garlic Cloves
N	Watermelon	1 lb Carrots, shredded	1 tsp dried Thyme
D		2 tbsp Fresh Parsley	½ tsp dried Oregano
A	Note: Aldi did not have fresh parsley available at time of cart creation, consider using dried	2 Scallions (or 1 tbsp Shallots)	2 tsp Salt
Y		Watermelon	1 tsp Black Pepper
			2 tsp Dijon Mustard
			1½ tbsp Vegetable Oil
			1-2 tsp Honey
T	Leftover Chicken	½ cup Sour Cream	½ cup Myonnaise
U	Salad with Creamy Feta Dressing	6 oz Feta Cheese	2 tbsp Milk
E		2 tbsp fresh Dill	1 clove Garlic
S		Romaine Lettuce	¼ tsp dried Oregano
D	Note: Aldi did not have fresh dill available at time of cart creation, consider using dried	Tomatoes	¼ tsp Salt
A		Cucumbers	¼ tsp Black Pepper
Y		Croutons	
W	Cheeseburgers	Ground Beef	Salt
E	Fries	Hamburger Buns	Pepper
D	Watermelon	Frozen French Fries	
N		Watermelon	
E		American Cheese	
S			
D			
A			
Y			
T	Sheet Pan Garlic Shrimp	Spaghetti	Butter
H	Buttered Noodles	Broccoli	
U	Broccoli	Frozen shrimp	
R	Garlic Bread	Garlic bread	
S			
D			
A			
Y			

F	<u>Asparagus Soup with Lemon and Parmesan</u>	2 bunches Asparagus	Salt
R	<u>Grilled Cheese Sandwiches</u>	2 medium Yellow Onions	Black Pepper
I		3 cloves Garlic	Sandwich Bread
D		6 cups Low-Sodium Chicken Broth	American Cheese
A		1 Lemon	Butter
Y		½ cup Shredded Parmigiano-Reggiano	
		Handful Fresh Herbs (any leftover from the week)	

[Link to Kroger Grocery Cart](#) Prefer to do your own shopping? [Link to Grocery List](#)

[Link to Aldi Grocery Cart](#)

[Link to Walmart Grocery Cart](#)

Tips for Getting Ahead

Saturday:

1. Print out all the recipes for the week.
2. Click on the link provided and add all the groceries to your cart.
3. Look through the meal plan table at the ingredients provided in the cart and the presumed ingredients. If you do not have a pantry item, make sure to add it to your cart.
4. Add any other groceries to your online cart that you need for the week (cereal, bread, milk, etc).
5. Schedule a time to pick up your groceries or have them delivered.
6. Read through the recipes and the “Tips for Getting Ahead” to prepare for the week.

Sunday:

1. Make asparagus soup according to directions. Follow the directions for how to make the soup for the freezer. Freeze the soup for Friday.
2. Make the Creamy Feta Dressing and store in the refrigerator for Tuesday’s dinner.
3. Shred the carrots (if necessary, your cart may already have pre-shredded carrots, if they were available at your store) and make the dressing for the carrot salad. Keep separate or mix together for tomorrow’s dinner. Store in the refrigerator for Monday’s dinner.
4. Cut and wash the romaine for Tuesday’s dinner. Store in the refrigerator.

Monday:

Cook all the chicken tonight. Store the leftover chicken in the refrigerator for tomorrow’s salad.

Wednesday:

Take the shrimp out of the freezer and thaw in the refrigerator for tomorrow’s dinner.

Thursday:

Take the asparagus soup out of the freezer and thaw in the refrigerator for tomorrow’s dinner.