# 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)* |
|---|---|---|---|
| **MONDAY** | The Best Grilled Chicken<br>French Grated Carrot Salad<br>Watermelon<br><br>**Note:** Aldi did not have fresh parsley available at time of cart creation, consider using dried | 1¾ boneless, skinless Chicken Breasts<br>1 Lemon<br>1 lb Carrots, shredded<br>2 tbsp Fresh Parsley<br>2 Scallions (or 1 tbsp Shallots)<br>Watermelon | 8 tbsp Extra Virgin Olive Oil<br>4 large Garlic Cloves<br>1 tsp dried Thyme<br>½ tsp dried Oregano<br>2 tsp Salt<br>1 tsp Black Pepper<br>2 tsp Dijon Mustard<br>1½ tbsp Vegetable Oil<br>1-2 tsp Honey |
| **TUESDAY** | Leftover Chicken Salad with Creamy Feta Dressing<br><br>**Note:** Aldi did not have fresh dill available at time of cart creation, consider using dried | ½ cup Sour Cream<br>6 oz Feta Cheese<br>2 tbsp fresh Dill<br>Romaine Lettuce<br>Tomatoes<br>Cucumbers<br>Croutons | ½ cup Myonnaise<br>2 tbsp Milk<br>1 clove Garlic<br>¼ tsp dried Oregano<br>¼ tsp Salt<br>¼ tsp Black Pepper |
| **WEDNESDAY** | Cheeseburgers<br>Fries<br>Watermelon | Ground Beef<br>Hamburger Buns<br>Frozen French Fries<br>Watermelon<br>American Cheese | Salt<br>Pepper |
| **THURSDAY** | Sheet Pan Garlic Shrimp<br>Buttered Noodles<br>Broccoli<br>Garlic Bread | Spaghetti<br>Broccoli<br>Frozen shrimp<br>Garlic bread | Butter |

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

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.