

Week 1:

Monday - [sweet and sour meatballs](#) with rice

Tuesday - [creamy tomato soup](#) with grilled cheese

Wednesday - [Pad Thai](#)

Thursday - [Taco Soup](#)

Friday - [Stuffed Pepper Soup](#)

Saturday - Leftovers

Note: Use either ground beef or ground turkey for the taco soup and stuffed pepper soup.

Note 2: Freeze any leftover soup for later.

Sweet and Sour Meatballs with Rice

- 36 frozen meatballs
- One 20-ounce can of pineapple chunks undrained with juice
- $\frac{1}{4}$ cup water
- One tablespoon of soy sauce or coconut aminos
- $\frac{1}{2}$ cup ketchup
- $\frac{1}{2}$ cup brown sugar
- One tablespoon of dried minced onions
- Two bell peppers seeded and sliced
- One tablespoon cornstarch
- One c. uncooked white rice

Creamy Tomato Soup and Grilled Cheese

- 1 – 15 oz. can think of chicken broth
- 1 – 14 oz. Can of CRUSHED tomatoes
- One c. heavy cream
- salt and pepper to taste
- 1 Tbsp. Dried basil
- One bay leaf
- Bread
- Sliced cheese
- Butter

Pad Thai

- 8 ounces flat rice noodles
- 3 Tablespoons oil
- 3 cloves garlic, minced
- 8 ounces chicken, cut into small pieces
- 2 eggs
- 1 cup fresh bean sprouts
- 1 red bell pepper, thinly sliced
- 3 green onions, chopped
- 1/2 cup dry roasted peanuts
- 2 limes
- 1/2 cup Fresh cilantro, chopped
- 3 Tablespoons fish sauce
- 1 Tablespoon low-sodium soy sauce
- 5 Tablespoons light brown sugar
- 2 Tablespoons rice vinegar, or Tamarind Paste
- 1 Tablespoon Sriracha hot sauce, or more, to taste
- 2 Tablespoons creamy peanut butter (optional)

Taco Soup

- One lb. of ground beef or ground turkey cooked
- 1/2 small onion, diced
- 1 Tbsp. Minced garlic
- 1 package of store-bought taco seasoning
- 1 1/2 c. water
- 2 (15 oz.) cans of diced tomato
- 1 (15 oz.) can of tomato sauce
- 1 (15 oz.) can of kidney beans, drained and rinsed

- One c. frozen corn

Stuffed Pepper Soup

- One lb. of ground beef or ground turkey cooked
- 1 15 oz. can of tomato sauce
- 2 15 oz. cans of diced tomatoes with juices
- One c. beef broth
- 1 16 oz. bag of frozen pepper stir fry mix
- salt and pepper, to taste
- 1 c. brown rice, uncooked
- cheddar cheese to top the soup