



Weekly Meal Plan 33

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

	MEALS	INGREDIENTS <i>(on shopping list)</i>	PRESUMED INGREDIENTS <i>(not on shopping list)</i>
M O N D A Y	Cilantro Lime Drumsticks The Best Easy Grilled Vegetables *Aldi - Eggplant not available at time of cart creation (use extra zucchini)	2 Limes 1/2 bunch Cilantro 6 Chicken Drumsticks (about 1.75 lbs) 2 Portobello Mushrooms 1 Eggplant 1 Zucchini 1 Yellow Squash 1 Onion 1 bunch thick Asparagus 1 Red Bell Pepper	2 tbsp Olive Oil 4 cloves Garlic 1/2 tsp Cumin 2 ½ tbsp Salt 1 ½ tbsp Black Pepper 2 tbsp Extra Virgin Olive Oil
T U E S D A Y	Easiest Ever Slow Cooker Pulled Pork (Keto + Whole30) Use the pulled pork and leftover vegetables from Monday to make: Perfect Leftovers Frittata	4 lb Pork Shoulder or Boston Butt) 1 cup Chicken Broth 8-10 large Eggs Cheese any other leftovers you might want to add	1 tbsp Salt 1 tbsp Pepper 1 tbsp Garlic Powder 1 tbsp Onion Powder 1 tbsp Chili Powder 1 tbsp Smoked Paprika 2 tbsp Butter or Olive Oil 1/3 cup Whole or Coconut Milk Herbs and Spices, to taste
W E D N E S D A Y	3 Ingredient One Pot Pasta	1 lb lean Ground Beef or Turkey 1 -25oz jar Marinara Sauce 12 oz Pasta (rotini, rigatoni or farfalle)	1 tsp Salt
T H U R S D A Y	Frozen Chicken Strips Mac and Cheese Green Beans	Chicken Strips Box of Mac and Cheese 2 cans of Green Beans	Salt and Pepper, to taste

Leftover Pork Quesadillas
Apple Sauce
Chips and Salsa

[Watch this how to to make
the perfect quesadilla](#)

Tortillas
Shredded Cheese
Apple Sauce
Tortilla Chips
Salsa

Leftover Pulled Pork

[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 the marinade for the drumsticks for Monday’s dinner, place the drumsticks in a bag with the marinade and place in the refrigerator for tomorrow.
2. Cut the vegetables for Monday’s dinner according to the directions in the recipe. Place in a container in the fridge until tomorrow.

Monday:

1. Cut pork ready for the crockpot according to the directions
2. Set an alarm to remind yourself to start the crockpot in the morning.

Tuesday:

1. Store leftover pulled pork in the refrigerator for Friday’s dinner.