Weekly Meal Plan 11

Creme de la Crumb

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

	MEALS	INGREDIENTS *(on shopping list)*	PRESUMED INGREDIENTS *(not on shopping list)*
MONDAY	Easy Chicken Gyros 5-Minute Tzatziki Sauce Potato Chips	1 ½ lb Chicken Pita Bread Feta Cheese English Cucumber 1 cup Plain Greek Yogurt 2 tbsp Minced Garlic 1 tbsp Dill Green Leaf Lettuce 2 Lemons ½ cup Cherry Tomatoes ¼ Red Onion Bag of Potato Chips	½ cup + 3 tbsp Olive Oil Salt Pepper ½ tsp Crushed Red Pepper Flakes ½ tsp Garlic Powder 1 tbsp Italian Seasoning Dried Dill (*if fresh dill isn't available at the store, use dried, although fresh is best)
TUESDAY	One Pot Lemon Herb Chicken and Rice Broccoli	4 Boneless Skinless Chicken Breasts 1 cup uncooked White Rice 2 ¼ cups Chicken Broth Lemon Frozen Broccoli	2 tbsp Buter Salt Pepper 3 tsp Italian Seasoning
WEDNESDAY	Creamy White Chicken Enchiladas Side Salad **Note:** Aldi did not have green chilis available at time of cart creation, also salsa verde was substituted for green enchilada sauce	3 cups Chicken, Shredded 1 cup Green Enchilada Sauce 1 cup Mozzarella Cheese, shredded ½ cup Pepper Jack Cheese, Shredded 10 8-inch Flour Tortillas 2 ½ cups Chicken Broth ⅔ cup Sour Cream 4 oz Diced Green Chiles 1 cup Mozzarella Cheese, shredded 1-2 cups Cheese, shredded (for topping - mozzarella, pepper jack, or Mexican blend all work great) 1 Bagged Salad	3 tbsp Butter 3 tbsp Flour Salt Salad Dressing of choice
THURSDAY	Sheet Pan Breakfast Oranges	1 pkg Simply Potatoes Shredded Hash Browns 1 cup Cheddar Cheese or Monterey Jack Cheese, shredded 6-8 Breakfast Sausage Links 6 Large Eggs Bag of Oranges	3 tbsp Olive Oil 1 ½ tsp Italian Seasoning or Southwest Seasoning Blend Salt Pepper Optional: Chopped Green Onions, Parsley, Thyme, or Cilantro

F R I D A Y	Instant Pot Ground Beef Pasta Frozen Vegetables	1 lb Ground Beef 3 tsp Minced Garlic 24 oz Marinara Sauce 1 cup Beef Broth 16 oz Pasta 1 cup Mozzarella Cheese, freshly grated Bag of Frozen Vegetables	1 tbsp Oil 3 tsp Italian Seasoning 1 tsp Onion Powder ½ tsp Crushed Red Pepper Flakes Salt Pepper

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, deli meat, 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 Tzatziki sauce for Monday's dinner. Label and store in the refrigerator.
2. Slice the red onion, tomatoes, and cucumbers for the gyros tomorrow and store in the refrigerator.
3. Label and store 4 chicken breasts in the refrigerator for Tuesday's dinner.
4. Use 3 cups of chicken broth with water (if necessary) to cover 2 chicken breasts. Boil the chicken until done (about 12-15 minutes covered in broth that has been brought up to boil and then turned down to simmer). Allow to cool and then shred. Place in a freezer bag labeled for Wednesday's dinner.
5. The remaining chicken should be cut into strips. Place this chicken in a storage bag with all the ingredients of the marinade except the lemon juice. Label and store in the refrigerator.
6. If desired, brown the ground beef for Friday's dinner. Allow to cool and then store in a freezer bag labeled for Friday's dinner.

Monday:

1. Add the lemon juice to the chicken marinade and allow to chill for 30 minutes to 2 hours (whatever you have time for!)

Tuesday:

1. Morning: Take the frozen shredded chicken out of the freezer for tomorrow's dinner.
2. Evening: Make the filling for the enchiladas and store in the refrigerator for tomorrow's dinner.