Weekly Meal Plan 2

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

	MEALS	INGREDIENTS *(on shopping list)*	PRESUMED INGREDIENTS *(not on shopping list)*
MONDAY	Burger Bowl with Special Sauce	1 lb Ground Beef 1 tbsp Pickle Juice/Pickles 1 tbsp Dill Relish or minced Pickles Romaine Lettuce Red Onion Tomatoes	½ tsp Onion Powder ¼ tsp Dried Oregano ½ tsp Garlic Powder ½ tsp Paprika 1 tsp Salt ¼ tsp Pepper ¼ cup Mayonnaise 1 tbsp Ketchup 1 tsp Yellow Mustard ¼ tsp Garlic Powder ¼ tsp Onion Powder ½ tsp Paprika
TUESDAY	Pork Chops Green Beans Applesauce	4 thick cut Pork Chops 2 cans of Green Beans 1 jar of Applesauce	Salt Pepper Italian Seasoning Olive Oil
WEDNESDAY	Chicken Noodle Soup Grilled Cheese Sandwiches	1 ½ lb boneless, skinless Chicken Breasts 8 cups Chicken Stock 4 cloves Garlic 1 Onion 3 Carrots 3 stalks Celery 8 oz Spaghetti Juice of 1 lemon 2 tbsp Fresh Parsley Sandwich Bread American Cheese Butter	Kosher Salt Black Pepper ½ tsp Dried Thyme ½ tsp Dried Rosemary 2 Bay Leaves
THURSDAY	Chicken Quesadillas	2 ½ cups shredded Cooked Chicken ⅔ cup Salsa ⅓ cup Green Onions 6 Flour Tortillas (8 inch) ¼ cup Butter 2 cups Mexican Cheese Sour Cream Guacamole	¾ to 1 tsp Ground Cumin ½ tsp Salt ½ tsp Dried Oregano

F R I D A Y	15-Minute Kielbasa Pasta Garlic Toast (Toast with butter and garlic powder)	1 lb Kielbasa Sausage 2 cups Spinach 1 Onion 1 tbsp Dijon Mustard 3 cloves Garlic ½ cup Creme Fraiche or Sour Cream ⅓ cup Parmesan Cheese 8 oz short Pasta (Fusilli, Penne or Rotini) Sandwich Bread Butter	1 tbsp Olive Oil ½ tsp Dried Parsley ½ tsp Dried Thyme ½ tsp Black Pepper ½ tsp Dried Thyme Garlic Powder

Link to Kroger Grocery Cart Prefer to do your own grocery 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 for the store you would like to get groceries from.
3. Look through the meal plan table at the items provided in the cart and the presumed pantry items. 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 (bread, milk, etc).
5. Schedule a time to pick up your groceries tomorrow or have them delivered.
6. Read through the recipes and the "Getting Ahead Tips" to prepare for the week.

Sunday:

1. Make burger sauce for Monday's dinner.
2. Chop up ingredients for Monday's salad and store in the refrigerator.
3. Chop vegetable ingredients for Wednesday's soup.
4. Freeze chicken.
5. Extra celery and carrots can be cut and placed in the fridge for quick snacks through the week.

Tuesday

1. Follow the recipe for Chicken Pot Pie soup and add to the crockpot (I'm going to skip sauteing the veggies)
2. Add all the chicken bought this week to the crockpot. The extra chicken breasts will be pulled out tomorrow night, shredded, and placed in the refrigerator for Thursday's quesadillas.

Wednesday

1. Remove the extra chicken breasts from the crockpot. Shred them and put them in a container (or zip lock bag) and label for the quesadillas for tomorrow night's dinner.