



Weekly Meal Plan 38

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

	MEALS	INGREDIENTS (on shopping list)	PRESUMED INGREDIENTS (not on shopping list)
M O N D A Y	Taco Stuffed Sweet Potatoes Side Salad	2 Sweet Potatoes (~1 lb each) 1 lb Lean Ground Beef 2 tbsp Tomato Paste 1 cup shredded Mexican Cheese Blend 1 cup shredded Romaine Lettuce 4 tbsp Pico de Gallo	1 tbsp Avocado or Olive Oil 1 tbsp Chili Powder 1 tbsp Ground Cumin ½ tsp Garlic Powder ½ tsp Onion Powder ¼ tsp Ground Chipotle ¼ tsp Salt
T U E S D A Y	Spaghetti Squash Casserole Side Salad	1 Spaghetti Squash 1 lb lean Ground Beef 1 Onion 2 cloves Garlic 1- 15 oz can Diced Tomatoes 1 tbsp Tomato Paste 1 cup Marinara or Pasta Sauce 1 ½ cups shredded Mozzarella Cheese Romaine Lettuce	1 tsp Italian Seasoning
W E D N E S D A Y	Air Fryer Chicken with Brussel Sprouts Egg Noodles	2 Boneless Skinless Chicken Breasts Brussels Sprouts Egg Noodles	1 tsp Olive Oil 1 tbsp Italian Seasoning 1 tsp Garlic Powder 1/2 tsp Paprika Salt Pepper
T H U R S D A Y	One Pot Italian Sausage Pasta with Spinach *We added spinach to the pot at the end so we had a complete meal with veggies	1 lb Italian Sausage 1 medium Onion 3 cloves Garlic 2 cups Chicken Broth 1/2 cup Heavy Cream 1-14.5 oz can Italian Style Diced Tomatoes 8 oz Pasta (I used spaghetti) 1 1/2 cups shredded Mozzarella Cheese Spinach	1 tbsp Olive Oil
F R	Swedish Meatballs Egg Noodles	32 oz frozen Homestyle Meatballs	2 tsp Cornstarch 2 tbsp Worcestershire Sauce

Broccoli

1 1/2 cups Low Sodium Beef
Broth
1-10.5 oz can Cream of
Mushroom Soup
1/2 cup Half and Half
1/2 cup Sour Cream
Egg Noodles
Frozen Broccoli

1/2 tsp Salt
1/2 tsp Pepper
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Paprika

[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. Cut up and wash romaine lettuce for the dinner salad for the next two days.

Monday:

1. Cook both pounds of ground beef tonight. Take out half before seasoning the meat for tacos. I plan on assembling Tuesday's casserole tonight so tomorrow I can just pop it in the oven. A little more work tonight saves me time tomorrow..

Wednesday:

1. Take the diced chicken out of the freezer for tomorrow's dinner.

Thursday:

1. Assemble the necessary ingredients in the crockpot for Friday's dinner. I am leaving out the frozen meatballs until the morning because mine will cook for 8 hours on low while I'm at work and I don't want them to thaw overnight..
2. Set an alarm for the morning to remind yourself to start the crockpot.