



Meal Plan: Week 23

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	Grilled Romaine Salad Grilled Chicken	2 Romaine Hearts ½ cup shredded Parmesan Cheese 2 tbsp Lemon Juice 2 cloves Garlic 4 Chicken Breasts	2 tbsp Olive Oil 2 tbsp Olive Oil 1 tbsp Red/White Wine Vinegar or Lemon Juice 15 mL 1 tsp Dijon Mustard Salt Pepper
T U E S D A Y	Leftover Grilled Chicken Breast Air Fryer Brussel Sprouts Brussel sprout recipe is doubled for tonight to have leftovers for tomorrow (may need to be cooked in batches depending on the size of your air fryer).	4 Chicken Breasts 2 lb Brussels Sprouts 4 cloves Garlic 2-4 tsp fresh Lime Juice	6 tbsp Extra-Virgin Olive Oil 1/2 tsp Kosher Salt ½ tsp Soy Sauce 1/2 cup Balsamic Vinegar
W E D N E S D A Y	Best Baked Chicken and Rice Casserole Leftover Brussel Sprouts	2 cups White Rice 1 medium White Onion 5 cups Chicken Broth 1 cup Heavy Cream 4 to 6 whole Chicken Thighs	6 tbsp Butter 2 tbsp All-Purpose Flour 1 tsp Salt 1/2 tsp Black Pepper 2 tsp Italian Seasoning 1/2 tsp Garlic Powder 1/2 tsp Paprika
T H U R S D A Y	Cuban Black Beans Rice	1 Onion 1 small Green Pepper 4 cloves Garlic ½ Jalapeño 2 cans Black Beans ¼ cup fresh Cilantro 1 Lime Rice	1 tbsp Avocado Oil 1 tsp Cumin ½ tsp Coriander ½ tsp Oregano ½ tsp Salt ½ tsp Smoked Paprika ¼ tsp Pepper

F R I D A Y	Beef 'n' Cheese Wraps	4-10 inch Flour Tortillas
	Carrots	1-8oz carton Chive and Onion
	Frozen French Fries	Cream Cheese
		1 cup shredded Carrots
	Kroger- Colby jack subbed for monterey jack. Chive and onion cream cheese was unavailable at time of cart creation.	1 cup shredded Monterey Jack Cheese
		1 lb thinly sliced Roast Beef
		Bag of Frozen French Fries
		Carrots

Aldi- roast beef was unavailable at time of cart creation. Only block monterey jack available and not shredded

[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 dressing for tomorrow's grilled salad and place in the fridge.
2. Clean and cut brussel sprouts for tomorrow's dinner and store in the fridge.
3. Dice onion for Wednesday's casserole and store in the fridge.
4. Cut vegetables for Thursday's Cuban Black Beans and store in the fridge.

Monday:

1. Cook all the chicken tonight so tomorrow you can reheat chicken for dinner. Simply season chicken breasts with some olive oil, salt, pepper and garlic powder (or any spices you like) and grill until chicken reaches 165 °F.

Thursday:

1. Since dinner prep is pretty fast tonight, make your beef and cheese wraps tonight and store in the fridge until tomorrow.