



Meal Plan: Week 49

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	20-Minute Sheet Pan Sausage and Vegetables	12 - 16 oz Smoked Turkey or Chicken Sausage 2 cups Sweet Potato 2 cups Broccoli Florets 1 cup Bell Pepper 2 cloves Garlic	2 tbsp Olive Oil 1 tbsp Italian/Taco/Cajun Seasoning or your favorite spice blend! ½ tsp Salt ½ tsp Black Pepper
T U E S D A Y	BBQ Chicken Salad using BBQ Chicken Breasts	2-3 BBQ Chicken Breasts 6 cups Romaine Lettuce 1 - 15 oz can Black Beans 1 cup Corn 1 cup Cherry Tomatoes ½ cup Red Onion 1 - 2 Avocados ½ cup shredded Monterey Jack or Cheddar Cheese ½ cup crushed Tortilla Chips	Sea Salt Ground Black Pepper Olive or Avocado Oil ⅓ cup BBQ Sauce BBQ sauce (homemade or store-bought) Ranch Dressing , (homemade or store-bought)
W E D N E S D A Y	Copycat Olive Garden Chicken Alfredo Frozen Broccoli Garlic Bread	12 oz Fettuccine Pasta 2 boneless, skinless Chicken Breasts 3 cloves Garlic 2 cups Heavy Cream ¾ cup grated Parmesan Garlic Bread Frozen Broccoli	2 tbsp Olive Oil ½ cup + 2 tbsp Butter 1 ½ tsp Salt 1 ½ tsp Ground Black Pepper 1 ½ tbsp Flour
T H U R S D A Y	Hot Dogs Potato Chips Sliced Apples	Hot Dogs Hot Dog Buns Bag of Apples Potato Chips	Condiments and Toppings of your choice

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Leftover [BBQ Chicken](#)
Macaroni and Cheese
Green Beans

2-3 BBQ Chicken Breasts
Box of Macaroni and
Cheese
2 cans Green Beans

[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 all the sausage and vegetables for Monday night’s dinner and put in a labeled bag or container.
2. Cut all the vegetables except the avocados for Tuesday’s dinner salad.

Tuesday:

1. Make chicken for Friday’s dinner when you are making the chicken for tonight’s dinner. Allow the extra chicken to cool, slice it and put it in an airtight container for Friday night’s dinner.