



Weekly Meal Plan 26

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	Instant Pot Asian Lettuce Wraps	1 lb Ground Turkey 4 cloves Garlic 1 tbsp Ginger 1 Carrot Romaine Lettuce Green Onions	3 tsp Honey 3 tbsp Soy Sauce 1 ½ tsp Sesame Oil ¼ tsp Red Pepper Flakes ⅛ tsp Black Pepper
T U E S D A Y	Air Fryer Whole Chicken Bagged Salad Aldi - at time of cart creation the only whole chicken available was organic (\$15).	3 lb Whole Chicken Bagged Salad	2 tsp Onion Powder 2 tsp garlic Powder 1 tsp Salt 1 tsp Pepper 1 tsp Paprika 1 tbsp Olive Oil Salad Dressing of Choice
W E D N E S D A Y	Slow Cooker Honey Garlic Beef ← click here for how to make the beef Tacos ← and here for how to cook the veggies for the tacos	1 cup Chicken or Beef Stock 6 cloves Garlic 2-3 lbs boneless Beef Roast 2 Zucchinis (about 4 cups) 2 Bell Peppers ½ Red Onion 1 cup Cherry Tomatoes 8 small Tortillas ½ cup Feta Cheese 1 Lemon Yogurt or Tzatziki	¼ cup Honey ¼ cup Brown Sugar 2 tbsp Soy Sauce 1 tsp Worcestershire Sauce ½ tbsp Olive Oil Salt Pepper
T H U R S D A Y	Slow Cooker Honey Garlic Beef & Roasted Vegetable Rice Bowls *Use leftovers from yesterday and assemble over rice.	2 cups Slow Cooker Honey Garlic Beef (Leftover from last night) 2 Zucchinis (about 4 cups) 2 Bell Peppers ½ Red Onion 1 cup Cherry Tomatoes 2 cups Brown Rice	½ tsp Olive Oil Salt Pepper

F [Healthy Chicken Fried Rice](#)

R

I Aldi - frozen carrots were
D available at cart creation.
A Only frozen peas were added
Y to the cart.

1 lb boneless, skinless Chicken
Breasts
1 cup frozen Diced Carrots
1 cup frozen Peas
2 tsp Fresh Ginger
2 cloves Garlic
3 cups cooked Brown Rice
2 Green Onions

2 tbsp Olive Oil
2 Eggs
3 tbsp Soy Sauce
2 tsp Toasted Sesame Oil
(optional)

[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. Get the seasoning ready for the Air Fryer chicken on Tuesday. Put in a baggie so it will be fast seasoning and getting in the air fryer!
2. If desired, make the ground turkey mixture for Monday's dinner so on Monday you will only need to reheat.
3. Cut the chicken into bite sized pieces for Friday's Chicken Fried Rice. Place in a labeled freezer bag and store in the freezer.

Tuesday:

1. Prepare the recipe as directed for the Honey Garlic Beef. Note the recipe serves 8-12 so we will use it for two meals.
2. Cut up all your vegetables for Wednesday and Thursday's dinner.

Wednesday:

1. Take the chicken you diced on Sunday out of the freezer and let it thaw in the refrigerator until Friday.
2. Cook all the vegetables for tonight and Thursday nights dinner. Store half in the fridge for tomorrow night.

Thursday:

1. Cook the brown rice for tonight and tomorrow night's meal (about 5 cups in all). This way tomorrow we just use the leftover rice to add to the Chicken Fried Rice.