Weekly Meal Plan 4

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

	MEALS	INGREDIENTS *(on shopping list)*	PRESUMED INGREDIENTS *(not on shopping list)*
MONDAY	Egg Roll in a Bowl	1 lb Ground Pork or Beef 1 tsp minced Garlic 14 oz shredded Cabbage or Coleslaw Mix ¼ cup Low-Sodium Soy Sauce 1 Egg 2 tsp Sriracha 2 tbsp Green Onions	1 tsp Ground Ginger 1 tsp Sesame Oil
TUESDAY	Lemon Garlic Butter Chicken and Green Beans Skillet **Note:** Ingredients in share-a-cart reflect doubling this recipe	3–6 boneless, skinless Chicken Thighs 1 lb Green Beans 4 cloves Garlic 1 Lemon ½ cup Chicken Stock 1 tbsp Hot Sauce	3 tbsp Butter 1 tsp Paprika 1 tsp Onion Powder ¼ tsp Salt ¼ tsp Pepper ¼ tsp Red Pepper Flakes ½ cup Fresh Parsley
WEDNESDAY	Roast with Potatoes and Carrots **Note:** We recommend doubling the salt, pepper, and thyme or rosemary for more flavor	4-5 lb Chuck Roast ½ cup Onion 1 tbsp minced Garlic 3 cups Carrots (about 4 large carrots) 3 cups Potatoes 1 cup Low-Sodium Beef Broth	1 tbsp Olive Oil ½ tsp Salt ½ tsp Pepper ½ tsp Dried Thyme or Rosemary
THURSDAY	Grilled Turkey and Cheese Sandwiches Baby Carrots Apple Slices	8 slices White Bread ½ lb thinly sliced Deli Turkey 4 slices Tomato 4 slices Provolone Cheese Bag of Baby Carrots Bag of Apples (sliced)	1 tbsp Butter 4 tbsp Mayonnaise
FRI	Pesto Tortellini Zuppa Toscana	4 slices Thick Cut Bacon ¾ lb Ground Spicy Italian Sausage	Crushed Red Pepper Flakes Salt Pepper

DAY			
	Note: Basil pesto and Sun-Dried tomatoes not available at time of cart creation	1 Yellow Onion 4 cloves Garlic 2 ribs Celery 6 cups Low-Sodium Chicken Broth ⅓ cup Basil Pesto ⅓ cup Oil-Packed Sun-Dried Tomatoes Juice of 1 Lemon 1 bunch Tuscan or Curly Kale 1 lb Cheese Tortellini ½ cup Parmesan Cheese	¾ cup Heavy Cream or Whole Milk

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 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 (cereal, deli meat, 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. Add the following ingredients to separate saran wrap packets for Monday's dinner: 1 tsp minced garlic, 2 tbsp of green onions, and 1 tsp of minced ginger (ginger only if you decided to buy fresh, otherwise skip the ginger and just add ground ginger to tomorrow night's dinner). Wrap up the saran wrap baggies and place in a container labeled "Monday: Egg Roll in a Bowl". Store in the refrigerator.
2. Clean and trim the green beans for Tuesday's dinner. Place in a storage bag. Mince 4-8 cloves of garlic and wrap them in a little ball of saran wrap. Add that to the bag of saran wrap with the green beans. Label the bag "Tuesday: Green beans and garlic". Store in the refrigerator.
3. Finely chop ½ cup of onion, 1 tbsp garlic, cut 3 cups of carrots in 4-5 inch chunks, and 3 cups of potatoes into quarters (I used a lot more than 3 cups of carrots and potatoes). Place in a storage bag labeled Wednesday: Roast Vegetables. Store in the refrigerator.

   NOTE: I skipped the sear on the roast. If you follow the directions, put the onions and garlic in their own container so you can sauté them. I just added everything directly to the crockpot; therefore, I put it all in the same bag.
4. Chop 2 ribs of celery and 4 cloves of garlic and wrap in saran wrap. Chop 1 yellow onion and put in a storage bag, add the saran wrap of celery and garlic and label it "Friday: Soup Veggies". Store in the refrigerator.