



Weekly Meal Plan 10

The Lazy Dish

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>
MONDAY	Sheet Pan Chicken Fajitas	1 ½ lbs Chicken Breast Tenders	1 tbsp Olive Oil
	Rice	2 large Bell Peppers	Optional Toppings: Sour Cream,
	Refried Beans	1 Yellow or Red Onion	Lettuce
		1 packet Fajita Seasoning Mix	
		1 Lime	
		Tortillas	
TUESDAY		Rice	
		1 can Refried Beans	
		Shredded Cheese	
WEDNESDAY	Sloppy Joe French Bread Slices	1 loaf of French Bread	Salad Dressing of your choice
	Bagged Side Salad	½ Yellow Onion	
		1 lb Ground Beef	
		1 - 15 oz can Sloppy Joe Sauce	
		3 cups Shredded Cheddar Cheese	
		2 bags of Salad	
THURSDAY	Easy Crockpot Chicken and Gravy	2-3 large Boneless Chicken Breasts (approx. 1.5 lbs)	Pepper
	Egg Noodles	2 packets Chicken Gravy Mix	Garlic Powder
	Green Beans	1- 10.5 oz can Cream of Chicken Soup	
		½ cup Sour Cream	
	*Aldi only had beef gravy packets and it was yummy. Also,	Egg Noodles	
	rotini was subbed for egg noodles.	2 cans Green Beans	
FRIDAY	Meatloaf	1 box Stove Top Stuffing (any flavor)	2 Eggs
	Mashed Potatoes with Gravy	1 lb Ground Beef	½ cup Ketchup
	Broccoli	2 pkg Instant Mashed Potatoes	
		1 -2 bags of Frozen Broccoli	

F	Lazy Lasagna	1 - 24 oz bag of Frozen Cheese
R	Garlic Bread	Ravioli
I	Mixed Vegetables	1 - 24 oz jar of Marinara or
D		Pasta Sauce
A		2 cups Shredded Mozzarella
Y		½ cup Shredded Parmesan
		Frozen Garlic Bread
		Frozen Mixed Vegetables

[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 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, deli meat, 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 peppers and onions for fajitas tomorrow night.
2. Make the [meatloaf](#) and store in the freezer. Instructions for how to store, thaw and cook can be found [here](#).

Tuesday:

1. Get the crockpot ready for tomorrow’s [Easy Crockpot Chicken and Gravy](#).
2. Set an alarm so you remember to start the crockpot in the morning.

Wednesday:

1. Take the meatloaf out of the freezer and thaw in the refrigerator for tomorrow’s dinner.