



Weekly Meal Plan 28

Freezer Meals - Make 1/Freeze 1

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

	MEALS	INGREDIENTS (on shopping list)	PRESUMED INGREDIENTS (not on shopping list)
M O N D A Y	Chicken Enchilada Casserole Note: All ingredients listed are for 1 casserole, but have been doubled in the grocery cart	1 1/2 cups cooked Brown Rice 2 1/2 cups shredded Chicken 2 - 15 oz cans Black Beans 1 - 15 oz can Green Enchilada Sauce 1 - 15 oz can Diced Tomatoes 1/2 cup Sour Cream 2 cups shredded Cheddar Cheese	1 tsp Cumin 1/2 tsp Salt Pepper
T U E S D A Y	Instapot Beef and Black Bean Soup Note: All ingredients listed are for 1 recipe, but have been doubled in the grocery cart	1 lb Ground Beef 1 Onion 1 oz Taco Seasoning 15 oz canned Corn 15 oz Black Beans 28 oz diced Tomatoes 8 oz Tomato Sauce 4 oz can Diced Green Chilies	Favorite toppings, choose your own: cheese, tortilla chips, salsa, sour cream, guacamole, sliced green onions, etc.
W E D N E S D A Y	Tuscan Pasta Note: All ingredients listed are for 1 recipe, but have been doubled in the grocery cart	16 oz box Bow Tie Pasta 4 cloves Garlic 8 oz Cream Cheese 8 oz jar Sun Dried Tomatoes 8 oz Parmesan Cheese 1 cup Chicken	½ tbsp dried Basil ½ tsp Black Pepper ½ tsp Salt 4 tbsp Butter
T H U R S D A Y	Homemade Chicken Pot Pie Note: Ingredients listed make two pot pies	1 cup Onion 1 cup Celery 1 cup Carrot 2 cups Chicken Broth 2 cups Chicken 1 cup frozen Peas 4 unbaked Pie Crusts homemade or store-bought	2 disposable Pie Pans 1 cup Milk 1 tsp Salt ½ tsp. Pepper ¼ cup Butter ½ cup All-Purpose Flour
F R I D A Y	Lasagna Note: Ingredients listed make two lasagnas	2 lbs Lean Ground Beef 1 lb Italian Sausage 2 - 24 oz jars Marinara Sauce 1 - 15 oz can Tomato Sauce 1 medium Onion 15 No-Boil Lasagna Noodles 2 - 15 oz containers Ricotta	1 tsp Salt 1/2 tsp Garlic Powder 1 tsp dried Parsley Flakes 1 tsp Italian Seasoning

1 cup grated Parmesan Cheese
5-6 cups shredded Mozzarella
Cheese

[Link to Kroger Grocery Cart](#) Prefer to do your own shopping? [Link to Grocery List](#)
[Link to Walmart Grocery Cart](#)

There is no Aldi grocery cart this week.

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. Cook 3 cups of rice.
2. Cook the chicken according to the directions for the Chicken Enchilada Casserole.
3. Assemble the Chicken Enchilada Casseroles into two dishes. Place one in the fridge for tomorrow’s dinner and freeze the other according to the directions. I like to use a permanent marker and write the cooking instructions on the aluminum foil for the frozen dinner so I don’t have to look it up later.

Monday:

1. While dinner is in the oven tonight, cook the rest of the chicken for the week. You can boil it in water or chicken broth until it reaches 165°F.. Cube the chicken and store in the refrigerator.

Tuesday:

1. Cook all the ground beef for the week. Make tonight’s dinner but add the ingredients for a second dinner into a freezer bag. Label the freezer bag Instapot Beef and Beans. Add cooking directions using a permanent marker to the outside of the bag for future reference.
2. Cook the meat for Friday’s lasagna and place in a labeled container in the refrigerator for Friday.

Wednesday:

1. Make Tuscan Pasta for dinner tonight according to the directions. Make a second pan for the freezer. Write the cooking directions from frozen on the aluminum foil.

Thursday:

1. Make both chicken pot pies according to the directions. Freeze one for later. Write the cooking directions from frozen on the aluminum foil.

Friday:

1. Assemble all lasagnas and freeze half for later. Write the cooking directions from frozen on the aluminum foil.