



Weekly Meal Plan 31

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	Chicken and Vegetable Stir Fry *Aldi- sugar snap peas subbed for snow peas. Fresh basil not available at time of cart creation	1 1/2 lbs boneless, skinless Chicken Thighs 2 cups Broccoli Florets 1 small Onion 1 Bell Pepper 1 1/2 cups Snow Peas 1 tbsp minced Fresh Ginger 2 to 3 large cloves Garlic Handful Fresh Basil Leaves 2 Limes	1 tbsp neutral-flavored Oil 1 tbsp Honey 2 tbsp Fish Sauce 1 tsp Reduced Sodium Soy Sauce 1 1/2 tsp Cornstarch 1/2 to 1 tsp Sriracha
T U E S D A Y	Garlic Butter Chicken Bites with Lemon Asparagus Aldi-fresh parsley not available at time of cart creation	3 boneless, skinless Chicken Breasts 2 bunches of Asparagus 1/2 cup Low Sodium Chicken Broth 1 Lemon 1 tbsp minced Parsley	1/2 cup Butter 1 tsp Olive Oil 2 tsp minced Garlic 1 tsp Italian Seasoning or Herbs de Provence Crushed Red Chili Flakes 1 tbsp Hot Sauce (we used Sriracha) 1 tsp Salt 1 tsp Black Pepper 2 tsp Onion Powder
W E D N E S D A Y	Ginger Carrot Soup Grilled Cheese Sandwiches The recipe for the soup calls for vegetable broth, but we subbed chicken broth since we were already using it for the week. Aldi- coconut milk not available at time of cart creation.	1 Yellow Onion 4 cups Carrots (1 3/4 lb or about 12 large carrots) 1 ½ tbsp peeled and minced Ginger (about 1-inch nub) 4 cup Broth ½ cup Full Fat Coconut Milk	2 tbsp Olive Oil ¼ tsp Garlic Powder 1 pinch Cinnamon ½ tsp Kosher Salt
T H U R S D A Y	4-Ingredient Meatloaf Broccoli	1 box Stove Top Stuffing (any flavor) 1 lb Ground Beef Broccoli	2 eggs 1/2 cup Ketchup

[Au Gratin Sausage Skillet](#)

1 lb Smoked Kielbasa or Polish Sausage
1-4.9 oz Au Gratin Potatoes
1-8 oz frozen California-Blend Vegetables
1 to 2 cups shredded Cheddar Cheese

2 tbsp Canola Oil

[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. Make the stir fry sauce for Monday’s dinner. Store covered in the refrigerator until tomorrow.
2. Cut the broccoli up for the week and store in a storage bag in the refrigerator. Use it as needed for recipes this week.
3. Slice one onion and one bell pepper. Label for Monday’s stir fry and place in the fridge.
4. Rinse and trim the asparagus. Place in the fridge for Tuesday’s dinner.
5. Dice one onion for the soup on Wednesday. Label and place in the fridge.
6. Chop 4 cups of carrots and place in a labeled container for Wednesday’s dinner.
7. Cut all the chicken into bite size chunks and place in the fridge to use for Monday and Tuesday dinner.