



Meal Plan: Week 46

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	Egg Roll in a Bowl	1 lb ground Pork or Beef 1 tsp minced Garlic 14 oz shredded Cabbage or Coleslaw Mix 1/4 cup Low-Sodium Soy Sauce 2 tbsp Green Onions	1 tsp ground Ginger 1 tsp Sesame Oil (I used Olive Oil it tastes great without it, feel free to add it to your cart) 1 whole Egg 2 tsp Sriracha
T U E S D A Y	Caesar Salad with Air Fryer Chicken Breasts (No airfryer? No problem, use this recipe instead.)	2 Caesar Salad Kits 3-4 boneless, skinless Chicken Breasts	2 tsp Olive Oil 1 tsp Salt 1 tsp Pepper 1 tsp Garlic Powder
W E D N E S D A Y	Leftover Chicken Macaroni and Cheese Frozen Broccoli	Chicken Breasts 2 boxes Macaroni and Cheese 1 bag Frozen Broccoli	3/4 to 1 tsp Ground Cumin 1/2 tsp Salt 1/2 tsp Dried Oregano
T H U R S D A Y	Grilled Cheese Sandwiches Baby Carrots Apple Slices	8 slices White Bread American Cheese Bag of Baby Carrots Bag of Apples	4 tbsp Butter
F R I D A Y	Easy Crockpot Chicken & Gravy Egg Noodles Green Beans *Aldi only had beef gravy packets. We used it and it was yummy.	2-3 boneless Chicken Breasts (approx. 1.5 lbs) 2 packets Chicken Gravy Mix 1 - 10.5 oz can Cream of Chicken Soup 1/2 cup Sour Cream Egg Noodles 2 cans Green Beans	Pepper Garlic Powder

[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. Freeze the chicken for Friday’s dinner.
2. 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.

Tuesday:

1. Cook all the chicken breasts tonight and store some for tomorrow night’s dinner in the fridge.

Thursday:

1. Load your crockpot for tomorrow’s dinner.
2. Set an alarm to remind yourself to start the crockpot in the morning.