



# Weekly Meal Plan 43

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	<a href="#">Creamy White Chicken Chili</a>	1 Yellow Onion 4 cloves Garlic 1 Jalapeño 1 ½ lbs Boneless, Skinless Chicken Thighs 2 - 15 oz cans Cannellini Beans 1 - 15 oz can Pinto Beans 1 - 7 oz can Diced Green Chiles 3 cups Chicken Broth 1 cup Frozen Corn 4 oz Cream Cheese ½ cup Sour Cream	1 tbsp Olive Oil 1 tbsp Ground Cumin 1 tsp Dried Oregano 1/4 tsp Smoked Paprika 1/4 tsp Cayenne Pepper 1/4 tsp Garlic Powder 1/4 tsp Black Pepper
T U E S D A Y	<a href="#">Greek Marinated Chicken</a> Bagged Salad  Aldi - fresh parsley not available at time of cart creation (we used dried)	1 cup Plain Yogurt 4 cloves Garlic 1 medium Lemon 1/4 bunch Fresh Parsley 3 1/2 - 4 lbs Chicken Pieces Bagged Salad	1/2 tsp Salt Black Pepper 1/2 tbsp Dried Oregano 2 tbsp Olive Oil
W E D N E S D A Y	<a href="#">The Bagel Lunch Box</a> ...for dinner!	4 oz Cream Cheese 1 tbsp Fresh Parsley 1 tbsp Fresh Cilantro 1 Green Onion 4 Mini Bagels 4 Large Eggs 1 Cucumber 1 cup Grape Tomatoes	1/16 tsp Garlic Powder 1/16 tsp Salt 1/2 tbsp Lemon Juice
T H U R S D A Y	<a href="#">Freezer Ready Mini Pizzas</a> Frozen Broccoli  Aldi - Pizza sauce not available at time of creation, subbed marinara sauce	6 English Muffins 3/4 cup Pizza Sauce 1 ½ cups Shredded Mozzarella Cheese Pepperoni Frozen Broccoli	Any extra toppings you like or have on hand - the recipe says to buy salad bar toppings, but this is a great recipe to clean out your fridge!

[Cheesy Sausage Pasta](#)

1 Yellow Onion  
7 oz. Smoked Sausage  
1 - 10 oz can Diced Tomatoes  
with Green Chiles (Rotel)  
8 oz Wide Egg Noodles  
1 1/2 cups Chicken Broth  
3 cups Fresh Spinach  
1 cup Shredded Monterey  
Jack Cheese  
1 Green Onion

1 tbsp Cooking 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. Follow the directions to make Wednesday night’s Bagel Lunch Boxes. Store in the refrigerator for a hassle free dinner on Wednesday. If you have kids they will love it!
2. Load the crockpot with Monday’s dinner. Store in the fridge and set an alarm so you remember to start the crockpot in the morning.

### **Monday:**

1. Make the marinade for tomorrow’s dinner and add the chicken. Store in the fridge until tomorrow night.