



Weekly Meal Plan 45

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	Taco Salad	1 lb Ground Beef 2 tbsp Taco Seasoning 8 oz Romaine Lettuce 1 ⅓ cup Grape Tomatoes ¾ cup shredded Cheddar Cheese 1 medium Avocado ½ cup Green Onions ⅓ cup Salsa ⅓ cup Sour Cream	1 tsp Oil
T U E S D A Y	Air Fryer Chicken Breasts Side Salad (watch the video for cooking the chicken here)	4 Chicken Breasts Romaine Lettuce	Kosher Salt Olive Oil Paprika Garlic Powder Onion Powder Black Pepper Dressing of Choice (+ any spare vegetables for salad)
W E D N E S D A Y	Creamy Chicken Broccoli Pasta Bake	8 oz. spaghetti 1-10.8 oz bag Broccoli Florets 2 cups shredded Chicken 3 large cloves Garlic ½ cup Yellow Onion 1-10.5 oz can Cream of Chicken soup 4 oz Cream Cheese 1 ½ cups shredded Mozzarella Cheese	1 tbsp Butter 1½ cups Milk 2 tbsp All-Purpose Flour ½ tsp Garlic Powder ½ tsp Onion Powder 1 tsp Dried Basil OR Thyme Kosher Salt Black Pepper
T H U R S D A Y	Breakfast for Dinner: Eggs Your Way Sausage Toast	Eggs Sausage	Sandwich Bread Butter

[Beef Stroganoff](#)

Aldi- egg noodles not available at time of cart creation

2 lbs Stew Meat
4 cans of Cream of Mushroom Soup
1 cup chopped Onion
1 cup Sour Cream
2 tbsp Garlic
1 packet Onion Soup Mix
Egg noodles
Sliced Mushrooms
2 tbsp Worcestershire Sauce

[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. Chop and wash romaine lettuce for salads this week. I love to store mine in my salad spinner!
2. Cut up all the ingredients for Monday’s Taco Salad and store in the refrigerator.
3. Follow the directions in the recipe for assembling the Beef Stroganoff to store in the freezer for Friday’s dinner.

Tuesday:

1. Cook all of the chicken tonight. Store chicken for Wednesday’s dinner in the fridge.
2. Consider cooking the pasta for tomorrow’s dinner and assembling the casserole tonight. Then just cook an extra 15 minutes tomorrow or until done tomorrow.

Thursday:

1. Load the crock pot with the ingredients from the freezer for tomorrow night’s dinner. Set an alarm to remind yourself to put the crock in the crockpot and start it in the morning.