

D A Y

Meal Plan: Week 18

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	Grilled Chicken Corn on the Cob Side Salad Serves 6 *Aldi did not have shredded carrots at the time of cart creation, one bag of carrots is subbed.	6 Chicken Breasts Corn on the Cob Romaine Lettuce Tomatoes Shredded Carrots	½ cup Extra Virgin Olive Oil ½ cup Balsamic or Other Vinegar ¼ cup Soy Sauce ¼ cup Worcestershire Sauce ½ cup Lemon Juice ¾ cup Brown Sugar 2 tsp Dried Rosemary 2 tbsp Dijon or Spicy Brown Mustard 1 ½ tsp Salt 1 tsp Black Pepper 2 tsp Garlic Powder
T U E S D A Y	Turkey Sandwiches Potato Chips Carrots Serves 4 *Aldi did not have baby carrots at the time of cart creation, one bag of carrots is subbed.	Turkey Deli Meat Bag of Chips Baby Carrots Bread	
W E D N E S D A	Slow Cooker Balsamic Pot Roast Garden Salad Serves 4-6	4-5 lb Beef Chuck Roast 2 cups Beef Broth 3 Cloves of Fresh Garlic, pressed Zest of 1/2 an Orange Red Potatoes, washed Romaine lettuce Tomatoes Shredded carrots	1/2 cup Light Brown Sugar 1/4 cup Balsamic Vinegar 1 tbsp Soy Sauce 1 tsp Salt 1/4 tsp Red Pepper Flakes
T H U R S	Leftover Pot Roast Mashed Potatoes Green Beans Serves 4	Mashed Potato Mix 2 cans of Green Beans	Desired condiments for sandwiches

<u>Chicken Mac and Cheese</u> <u>Casserole</u>

Freezer or Canned Vegetables Serves 8

*Monterey Jack was not available at Kroger & Aldi at time of cart creation, another cheese was subbed.

*Yellow/white onions and pimento peppers were not available at Aldi at time of cart creation.

6 Boneless, Skinless Chicken
Breasts or Thighs
1-16 oz package Elbow Noodles
1-16oz package Monterey Jack
Cheese
2-10 ¾ oz cans Cream of
Mushroom Soup
1/2 cup Onion
2 cloves Garlic
3/4 cup Chopped Pimento
Pepper (large jar)
1 sleeve Ritz Crackers
2 cups Chicken Broth

3 tbsp Mayonnaise Any frozen or canned vegetables you have on hand

<u>Link to Kroger Grocery Cart</u> Prefer to do your own shopping? <u>Grocery List Link to Aldi Grocery Cart</u> <u>Link to Walmart Grocery Cart</u>

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 (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. If you grocery shopped from Aldi's, there is one bag of carrots. Shred some for salad and cut the rest into carrot sticks for the week.
- 2. Cut and wash lettuce for the week. Store in the fridge.
- Make marinade and place 6 chicken breasts in the marinade for tomorrow night. Label and place the fridge.
- 4. Cook the chicken thighs according to the directions in the recipe for the chicken mac and cheese casserole.
- 5. Make the casserole for Friday using the chicken thighs and freeze according to the directions.

Tuesdau:

- 1. Follow the directions for Wednesday's pot roast and load the crock pot up.
- 2. Set an alarm to remind yourself to start the crockpot in the morning.

Thursday:

1. Take the chicken mac and cheese casserole out of the freezer for tomorrow's dinner.