



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 <i>Serves 6</i> *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 <i>Serves 4</i> *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 Y	Slow Cooker Balsamic Pot Roast Garden Salad <i>Serves 4-6</i>	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 D A Y	Leftover Pot Roast Mashed Potatoes Green Beans <i>Serves 4</i>	Mashed Potato Mix 2 cans of Green Beans	Desired condiments for sandwiches

F	Chicken Mac and Cheese	6 Boneless, Skinless Chicken	3 tbsp Mayonnaise
R	Casserole	Breasts or Thighs	Any frozen or canned vegetables
I	Freezer or Canned Vegetables	1-16 oz package Elbow Noodles	you have on hand
D	<i>Serves 8</i>	1-16oz package Monterey Jack	
A		Cheese	
Y	*Monterey Jack was not available at Kroger & Aldi at time of cart creation, another cheese was subbed.	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	
	*Yellow/white onions and pimento peppers were not available at Aldi at time of cart creation.		

[Link to Kroger Grocery Cart](#) Prefer to do your own shopping? [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 (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.
3. 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.

Tuesday:

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.