



Weekly Meal Plan 13

Downshiftology

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>
MONDAY	Turmeric Chicken and Rice Casserole Note: Aldi did not have coconut milk or turmeric **Chicken breasts may be sold 3 to package; slice in half to make 6 and get more servings!	1 medium Onion 4 cloves Garlic 1 - 13.5 oz full fat Coconut Milk 1 ¼ cup Long Grain White Rice 1 large Carrot 1 Lime (about 2 tbsp) 4 Boneless Skinless Chicken Breasts** 2 tsp Ground Turmeric Cilantro	1 tbsp Olive or Coconut Oil 1 tsp Ground Ginger 1 tsp Kosher Salt ½ tsp Black Pepper ½ tsp Ground Cumin
TUESDAY	Slow Cooker Rotisserie Chicken Roasted Broccoli Note: Aldi did not have parsnips, substituted potatoes	2 large Carrots 1 Parsnip ½ Onion 1 whole Chicken (4-5 lbs) Frozen Broccoli	2 tsp Paprika 1 ½ tsp Garlic Powder 1 tsp Onion Powder 1 tsp dried Thyme Salt Pepper
WEDNESDAY	Mediterranean Stir Fry Rice	1 Red Bell Pepper 1 pint Cherry Tomatoes 8 oz Baby Spinach 4 cloves Garlic 1 Green Onion 1 lb Ground Beef 2 tbsp crumbled Feta 2 cups Rice	½ tsp Dried Oregano Salt Pepper 1 tbsp Olive Oil
THURSDAY	Ribs Baked Beans Green Beans Note: Aldi did not have molasses or imitation rum	1 rack of Baby Back Pork Ribs ¼ cup Blackstrap Molasses 1 cup crushed Pineapple with juice 2 tbsp Spiced Rum (I put imitation rum in the cart) Baked Beans Green Beans	¾ cups Maple Syrup Salt Pepper ¼ tsp Ginger ¼ tsp Cayenne 1 cup Ketchup 1 tbsp Dijon Mustard 2 cloves Garlic 1 tbsp Worcestershire Sauce

F R I D A Y	Shrimp Tacos	1 ½ lb jumbo Shrimp	½ tbsp Chili Powder
	Frozen Corn	1 Onion	½ tbsp Ground Cumin
	Chips and Salsa	2 Bell Peppers	1 tsp Garlic Powder
		1 Lime	½ tsp Paprika
		8 Tortillas	½ tsp Oregano
		Frozen Corn	½ tsp Salt
		Tortilla Chips	¼ tsp Pepper
		Salsa	¼ cup Olive 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 (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 carrots, onions and parsnips and place in a storage bag in the freezer and label for Tuesday.
2. Mix spices for Tuesday’s dinner and place in a sandwich bag labeled, “Tuesday spices”.
3. Chop bell pepper, cherry tomatoes, and garlic and store in the refrigerator for Wednesday.
4. Grade 1 large carrot for Monday’s dinner and store in the fridge (we grated two!)
5. Slice bell peppers and onions for Friday’s dinner.

Monday

1. Load the crockpot for tomorrow’s dinner.
2. Set an alarm to remind yourself to start the crockpot in the morning.
3. If desired, cook the rice for Wednesday’s meal and store in the fridge for Wednesday.

Wednesday

1. Follow the directions for the ribs, stopping at step 6. Instead of grilling or broiling, allow to cool and store in the refrigerator until tomorrow night.

Thursday

1. Pull ribs from the fridge and allow to sit for 30 minutes at room temp. Continue with step 7 of the recipe.
2. Put frozen shrimp in the fridge to thaw for tomorrow’s dinner.