



Weekly Meal Plan 14

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	Baked Potatoes with Broccoli and Cheese Sauce Chicken Fingers Salad	4-6 Baked Potatoes Broccoli Cheddar Cheese Parmesan Cheese Romaine Lettuce Chicken Fingers (frozen)	Olive oil Butter Flour Milk Ground Mustard Salt Pepper Dressing of Choice
T U E S D A Y	Messy Mikes (Homemade Sloppy Joes) Corn on the Cob Leftover Salad	1 Onion 1 Bell Pepper 2 cloves Garlic 1 lb Ground Beef Spicy Brown Mustard Barbeque Sauce Tomato Paste Hamburger Buns Corn on the Cob	Ketchup Worcheshire Sauce Hot Sauce Crushed Red Pepper Salt Pepper
W E D N E S D A Y	Orange-Soy Chicken Broccoli Rice	Chicken Breasts Broccoli Rice Orange Juice 2 cloves Garlic	Soy Sauce Olive Oil Oregano Pepper Ketchup Parsley Lemon Juice
T H U R S D A Y	Chicken Bacon Ranch Pizza Leftover Salad	Ranch Dressing Mix Bacon Chicken Breasts Jalapenos Green Bell Pepper Fresh Tomatoes Mozzarella Cheese Pizza Dough	Salt Olive oil 1 cup Mayonnaise 1 cup Milk
F R I D A Y	Bacon Fried Rice Toast Fruit	Rice Bacon Eggs Bread Fruit	Salt Pepper

[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 pantry 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. Shred cheese and store in the fridge for tomorrow's cheese sauce for dinner.
2. Clean potatoes for tomorrow's dinner.
3. Cut and wash lettuce. Store in the fridge for salads throughout the week.
4. Chop onion and bell pepper for Tuesday's sloppy joes. Also, make sloppy joe sauce and store in the fridge in a labeled container in the fridge.
5. Make chicken marinade for Wednesday's dinner. Store in a labeled container in the fridge (do not add chicken until the day of as the acidic orange juice can start to cook the meat).
6. Cut broccoli for Wednesday's side and place in a labeled container in the fridge.
7. Cut the bell pepper and jalapeno peppers in rings for Thursday's pizza and place in a labeled container in the fridge. Add sliced red onion to the container as well. You can dice the tomato for the pizza now or wait, but if you do it now place it in a separate container.
8. Make the ranch dressing for Thursday's pizza and store in the fridge in a labeled container.

Wednesday

1. Marinate chicken for tonight's dinner; I butterflied the chicken breasts so they would absorb the marinade better. While the chicken is marinating for tonight's dinner, season the chicken breasts for Thursday's pizza with salt and pepper and cook in the oven or air fryer until they reach an internal temp of 165°F. If you cut them into strips they will cook faster.
2. Store the chicken for tomorrow night's pizza in the fridge in a labeled container.
3. If you have extra time, cook the bacon slices for tomorrow's dinner and store in the fridge.

Thursday:

1. Note about tonight's pizza: I made one pizza according to the directions and the other pizza dough I divided into 3 so my kids could make their own. Since I have two who don't like tomatoes and one who doesn't like peppers and 2 who don't like jalapenos...plus they love making their own!

Friday:

2. Tip for cooking the bacon tonight, use kitchen scissors to cut it up directly into the pan.