

Meal Planner

SUNDAY

Chicken Gnocchi Soup

Olive Garden Salad

MONDAY

Pasta with Peas

Olive Garden Salad

TUESDAY

Fish Tacos

Mango Smoothie

Chips and Fruit Salsa

WEDNESDAY

Crockpot Salsa Chicken
or Instant Pot Salsa Chicken

Jasmine Rice

Brown Rice

THURSDAY

Southwest Chicken Salad

FRIDAY

Hunan Beef

Instant Pot Brown Rice
or Instant Pot Jasmine Rice

SATURDAY

Spring Rolls

Fried Rice



MEAL PLAN NOTES

- This week uses a lot of produce. Get a jump start on prep by washing and drying your produce to use through the week. Use any leftover produce to make Spring Rolls Friday night and for Thai Noodles and Ramen for lunches throughout the week.
- On Sunday, prepare a large Olive Garden Salad to enjoy with dinner Sunday and Monday. I recommend using red cabbage and several heads of romaine hearts or iceberg lettuce, as you will need romaine and cabbage throughout the week.
- If you don't have an Instant Pot, follow the modifications provided in the post to make Chicken Gnocchi Soup on the stove.
- If you have leftover bacon or pancetta from Pasta and Peas, add it to turkey wraps for lunch or egg cups for breakfast.
- The fruit salsa with the fish tacos is optional. I love the combo, but the tacos are delicious with the simple slaw the recipe provides.
- Use any leftover shredded salsa chicken to top the Southwest Chicken Salad, rather than grilling chicken to speed up dinner and creatively use your leftovers.
- Make extra rice on Wednesday to serve with Hunan beef Friday and make fried rice on Saturday.

MEATS/PROTEINS

- 4 pounds of chicken breasts
- 1 pound flank steak
- 24 ounces white fish (cod, halibut, Mahi, etc)
- 1 pound small shrimp (optional for spring rolls)
- 4 ounces pancetta or bacon

DRY GOODS/STAPLES

- 16 ounces orecchiette pasta
- 2 ounces rice vermicelli for spring rolls
- 48 ounces chicken stock
- 16 ounces beef broth
- 16 ounces salsa
- 16 ounces black or pinto beans
- 4-6 cups white or brown rice
- 1 package spring roll wrappers
- taco seasoning
- BBQ Sauce
- peanut butter
- soy sauce
- sesame oil
- rice vinegar
- cornstarch
- chili paste
- oyster sauce
- tortilla chips
- croutons
- whole pepperoncini peppers
- black olives
- white vinegar
- mayonnaise
- white wine (optional)

PRODUCE

- 3 pounds carrots
- 4-6 mangos + frozen mango for smoothies
- 4-6 yellow/red peppers
- 1 English cucumber
- 2 heads purple cabbage
- 24 ounces frozen peas
- 2 shallots
- grape/cherry tomatoes
- 6 hearts of romaine or 2-3 iceberg lettuce
- avocados for salad/ salsa chicken
- 4-5 limes
- frozen corn or canned corn
- 2 onions
- 1 bunch green onions
- 2 jalapenos
- 1 bunch cilantro
- 1 bunch mint
- bananas for smoothies
- 1 fresh pineapple for fruit salsa

DAIRY/REFRIGERATED

- 16 ounces shredded cheddar cheese
- 1 block or canister parmesan cheese
- 1 stick butter
- orange juice for smoothies