

## Meal Planner

### SUNDAY

Grilled Panzanella Salad

Blackberry Mojitos

### MONDAY

Pasta Primavera

Copycat Greek Salad

### TUESDAY

Instant Pot Burrito Bowl

### WEDNESDAY

Sheet Pan Chicken Meal

### THURSDAY

Grilled Shrimp

Vegetable Kabobs

### FRIDAY

Black Bean Burgers

Vegetable Kabobs

### SATURDAY

Spring Rolls

Thai Noodles



## BREAKFAST IDEAS

Lemon Ricotta Pancakes

Banana Bread Baked Oatmeal

Breakfast Sliders

## LUNCH IDEAS

Chickpea Salad

Quinoa Salad

Avocado Tuna Wraps

## SNACK IDEAS

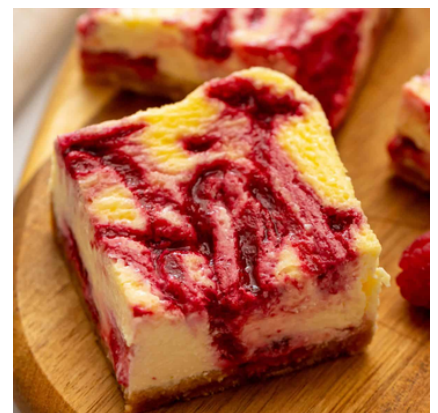
Oatmeal Energy Balls

Blueberry Muffins

Raspberry Cheesecake Bars

## GROCERY LIST

Blank lines for writing a grocery list.



## **MEAL PLAN NOTES**

- On Sunday, treat mom to a SIMPLE meal. Throw some chicken sausage and crusty bread on the grill and toss them together with a simple salad. Light, refreshing, and delicious!
- On Wednesday, prepare a chicken sheet pan meal using red potatoes, chicken thighs, and any other veggie you like--like broccoli or carrots.
- Use vegetables for pasta primavera, vegetable kabobs, and Thai noodles.
- Make a double batch of veggie kabobs and grill off on Thursday and just reheat on Friday to serve with burgers.
- Use shrimp for grilled shrimp and Spring Rolls (shrimp optional in Spring Rolls)--just grill off a few of the shrimp for the spring rolls if desired. You will want to cut the shrimp in half as it is larger than the spring roll recipe calls for.
- Saturday night is a fun spin on take-out in.

## **MEATS/PROTEINS**

- 2 pounds of chicken thighs
- 1 pound of chicken breast
- 2-3 pounds of jumbo shrimp
- 1 package pre-cooked Italian Chicken Sausage (like alfresco)

## **GRAINS/BREADS**

- buns for burgers
- loaf of Italian Bread or Baguette for Panzanella Salad

## **DRY GOODS/STAPLES**

- red wine vinegar
- dry onion soup mix
- panko bread crumbs
- soy sauce
- honey
- minced garlic
- peanut butter
- rice vinegar
- 3 cans black beans
- minced garlic
- olive oil
- sesame oil
- 1 package spring roll wrappers
- 8-9 ounce package of rice noodles
- 2 ounces rice vermicelli
- Sriracha
- dry roasted peanuts
- dry white wine (optional for Pasta Primavera)
- white rice
- 32 ounces chicken broth

## **PRODUCE**

- 3-4 hearts of romaine
- 1 head of butter lettuce
- 4 sweet onions
- 4 small zucchini
- 4 small yellow squash
- 5 red/yellow bell peppers
- peas for stir fry
- 1 bunch of green onions
- 1-2 cucumbers
- 1-2 heads of broccoli
- 4 ounces sugar snap peas
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch parsley
- 1 small head of red cabbage
- 3-5 pounds of red potatoes
- 1 mango
- 1 pound carrots
- 1 package of button mushrooms for kabobs
- 1 package baby bella mushrooms for burgers--or use leftover button mushrooms
- 3-4 limes
- 4 lemons
- fresh pineapple for side dish

## **DAIRY/REFRIGERATED GOODS**

- butter
- eggs
- cheese for burrito bowls