

## Meal Plan 14- Week of July 21-27

### Dinner Recipes

- **Sunday:** [Oven Baked Meatballs](#) with Spaghetti and [Copycat Olive Garden Salad](#)
- **Monday:** [Air Fryer Eggplant Parmesan](#) or [Baked Eggplant Parmesan](#) with leftover [Olive Garden Salad](#)
- **Tuesday:** [Meatball Subs](#) with [Smashed Potatoes](#)
- **Wednesday:** BLTS with [Oven Baked Bacon](#) and [Succotash](#)
- **Thursday:** [Cajun Chicken Pasta](#)
- **Friday:** [Sheet Pan Brats and Potatoes](#)
- **Saturday:** [BBQ Chicken Burgers](#) with [Coleslaw](#) and [Corn and Tomato Salad](#)

### Breakfast Ideas

- [Cottage Cheese Smoothie](#)
- [Sheet Pan Pancakes](#)
- [Overnight Oats](#)

### Lunch Ideas

- [Tostadas](#)
- [Turkey Club Wrap](#)
- [Pita Pizzas](#)

### Snack/Dessert Ideas

- [Pineapple Zucchini Bread](#)
- [Easy Yogurt Bark](#)
- [Peach Cobbler](#)

## Meal Plan Tips

- On Sunday, save half the meatballs for meatballs subs later in the week. Serve the meatballs Sunday with spaghetti and your favorite sauce. I recommend preparing a large salad, but wait serve the croutons on the side so they stay crisp and toasty until served.
- Use fresh corn to make corn and tomato salad and succotash.
- On Wednesday, bake all but a few slices of bacon. Use the baked bacon on BLTs and then the remaining couple slices use to make succotash.
- Instead of purchasing ground chicken breast, you can save money by using your food processor to turn chicken breast into ground chicken (I have included instructions on the recipe card.)
- Use red potatoes for both smashed potatoes and sheet pan meal.
- Use half a head of cabbage for the slaw for burgers and the other half for the sheet pan brats.
- Feel free to swap brats for chicken sausage if desired.
- If you have any leftover tomatoes, mozzarella and basil left from the week make a Caprese Salad.

## Grocery List

### Proteins:

- 2 lbs lean ground beef
- 2 lbs chicken breast or 1 lb each of chicken breast and ground chicken
- 1 package brats (or chicken sausage)
- 1 package bacon

### Dairy/Refrigerated

- Shredded Parmesan
- fresh mozzarella for eggplant parm
- Sliced provolone for subs
- 4 ounces cream cheese
- 2 ounces sharp cheddar for burgers
- eggs for breading and meatballs

### Dry Goods

- 8 oz rotini noodles
- 16 oz chicken stock
- 1 light beer (optional-for cooking brats)
- Panko bread crumbs
- 16 oz beef stock
- spaghetti sauce--or ingredients for homemade
- BBQ sauce

- white wine vinegar
- 15 ounces fire-roasted diced tomatoes
- pepperoncini peppers
- black olives
- croutons
- coconut flour (for eggplant parm)

### Bread

- sub or hotdog buns
- hamburger buns
- bread for BLTs

### Produce

- 2 heads iceberg (salad and BLTs)
- 1 head green cabbage
- 2 yellow onions
- 2 red bell peppers
- 2 pints cherry/grape tomatoes
- 1 shallot (optional)
- 6-8 ears of corn on the cob
- 16 oz frozen or fresh lima beans
- 4-8 Roma tomatoes (for salad)
- 3-4 pounds red potatoes
- 2-3 vine-ripe tomatoes for BLTs
- basil
- 1-2 eggplant