

Meal Plan 13- Week of July 14-20

Dinner Recipes

- Sunday: [BBQ Chicken Breasts](#) with [Grilled Vegetable Kabobs](#)
- Monday: [Crockpot Pasta](#) or [Baked Rotini](#) and Tossed Salad with [Balsamic Vinaigrette](#) and [Garlic Toast](#)
- Tuesday: [Honey Lime Chicken Fajitas](#) with [Instant Pot Corn on the Cob](#) or [Air Fryer Corn on the Cob](#)
- Wednesday: [BBQ Chicken Salad](#)
- Thursday: [Shrimp Lo Mein](#)
- Friday: [Tomato Pizza](#) with Side Salad dressed with [Balsamic Vinaigrette](#)
- Saturday: [Pineapple Chicken Kabobs](#) and [Pineapple Rice](#)

Breakfast Ideas

- [Strawberry Pancakes](#)
- [Instant Pot Egg Bites](#)
- [Homemade Crepes](#)

Lunch Ideas

- [Egg Salad](#)
- [Instant Pot Mac and Cheese](#) or [Stovetop Mac and Cheese](#)
- [English Muffin Pizzas](#)

Snack/Dessert Ideas

- [Grilled Peaches](#)
- [No-Churn Ice Cream](#)
- [Homemade Fudgesicles](#)

Meal Plan Tips

- On Sunday, prepare a double batch of BBQ Chicken so that you can use it for dinner and for BBQ Chicken Salad.
- Purchase a lot of lettuce (romaine, iceberg, or mixed greens), and cucumbers, tomatoes, etc. to use for side salads and BBQ Chicken Salad.
- You will also use peppers and onions to make vegetable kabobs, chicken kabobs, and shrimp lo mein. For the other vegetables in the lo mein, feel free to swap out the snap peas and cabbage for zucchini or other leftover veggies from the week.
- If you don't care for shrimp, omit the shrimp and enjoy veggie lo mein.
- Make extra corn on the cob on Tuesday and use it to add to your BBQ Chicken Pizza if desired.

Grocery List

Proteins:

- 4 pounds chicken breasts
- 1 pound raw shrimp

- tortillas for chicken fajitas
- lo mein noodles or linguine
- 16 ounces rotini noodles
- white or brown rice

Dairy/Refrigerated

- 8 ounces fresh mozzarella cheese
- 8-16 ounces shredded mozzarella for pasta
- 16 ounces cottage cheese
- queso fresco for fajitas if desired

Dry Goods

- [Barbecue Sauce](#)
- spaghetti sauce or 28 ounces crushed tomatoes and 6 ounces tomato paste
- balsamic vinegar
- molasses
- Salsa verde or [homemade salsa verde](#)
- soy sauce
- Shaoxing wine or dry sherry
- oyster sauce
- Sriracha
- honey
- toasted sesame oil

Bread

- pizza dough or [homemade dough](#)
- Italian/French Bread for garlic toast

Produce

- 4-6 hearts of romaine for salads
- ingredients for the salad, such as cucumbers, tomatoes, carrots, etc.
- 6 bell peppers
- 6 sweet onions
- 2 small zucchini and/or yellow squash
- 8 ounces button mushrooms if desired for kabobs
- 3 vine-ripened tomatoes
- 6-10 ears of corn on the cob
- basil for pizza if desired
- 1 bunch of cilantro
- 1 fresh pineapple
- 4 limes
- 1- inch piece of ginger root
- 2 jalapeno or habanero peppers
- fresh garlic
- 1 cup shredded carrots
- 1 cup snow peas
- 1 cup shredded napa or green cabbage
- 1 bunch green noodle

