

SUNDAY

Air Fryer Chicken Legs
or Slow Cooker BBQ Chicken Legs
Instant Pot Potato Salad

MONDAY--LABOR DAY

Burgers
Baked Beans
Leftover Instant Pot Potato Salad
Cherry Pie

TUESDAY

Tacos
Homemade Refried Beans
Homemade Salsa with Tortilla Chips

WEDNESDAY

Southwest Chicken Salad

THURSDAY

Taco Pizza

FRIDAY

BBQ Chicken Burgers
Sauteed Squash & Zucchini

SATURDAY

Chicken and Bok Choy Stir Fry
Steamed Brown Rice



BREAKFAST IDEAS

Chocolate Chip Pancakes

Baked Banana Bread Oatmeal

Ham & Egg Cups

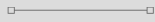


LUNCH IDEAS

Egg Salad

PB & J Muffins

Chickpea Salad



SNACK IDEAS

Applesauce Muffins

PB Oat Bars

Gogurts

GROCERY LIST

Blank lines for writing a grocery list.





MEAL PLAN NOTES

- Prepare chicken legs in the air fryer or slow cooker on Sunday. Also, prepare a large batch of potato salad to use on Sunday and Monday. If you don't have an Instant Pot, make my [classic potato salad recipe](#).
- Use extra hard-boiled eggs to make egg salad.
- Prepare extra taco meat and refried beans on Tuesday to make a taco pizza.
- Use toppings from Tuesday night's tacos to top the southwest taco salad and topping the taco pizza.
- Use any chicken breast or ground chicken (directions on post on how to make ground chicken using chicken breast) to make BBQ Chicken Burgers and buns leftover from Labor Day burgers.
- If you can't find bok choy for the stir fry, use extra zucchini or squash, or cabbage from slaw for BBQ Chicken Burgers

MEATS/PROTEINS

- 3-4 lb boneless, skinless chicken breasts
- 3-4 lbs ground beef
- 2-3 lbs chicken legs
- 4 oz bacon (optional for baked beans)

GRAINS/BREADS

- brown/white rice
- pizza dough/ingredients for the dough
- buns for burgers

DAIRY/REFRIGERATED GOODS

- 24 oz cheddar for burgers, tacos and pizza
- mayonnaise for potato salad & coleslaw
- eggs for potato salad

PRODUCE

- toppings for tacos and pizza
- 1 jalapenos
- 1 head of cabbage
- 1 bunch cilantro
- 3-5 lbs russet potatoes
- 3-4 onions
- 2-3 heads of romaine lettuce
- tomatoes for salad
- 4-5 tomatoes for salsa
- 3 limes
- 1 lemon
- 1 small head of bok choy
- 1-2 zucchini
- 1-2 yellow squash
- 1 lb bag carrots

DRY GOODS/STAPLES

- salsa (if not preparing homemade)
- Tortilla chips for salsa and SW Salad
- BBQ sauce
- brown sugar
- molasses
- dried navy beans
- 16 oz can tomato sauce
- maple syrup
- apple juice
- dried pinto beans