

Meal Plan 19- Week of Aug 25-Aug 31

Dinner Recipes

- **Sunday:** [Mexican Lasagna](#)
- **Monday:** [Asian Noodle Salad](#)
- **Tuesday:** Leftover Mexican Lasagna with Chips and [Guacamole](#)
- **Wednesday:** [Grilled Teriyaki Chicken](#) with Leftover Asian Noodle Salad
- **Thursday:** [Grilled BBQ Chicken](#) or [Instant Pot BBQ Chicken](#) with [Instant Pot Corn on the Cob](#) or [Grilled Corn on the Cob](#)
- **Friday:** [BBQ Chicken Pizza](#) with [Summer Fruit Salad](#)
- **Saturday:** [BBQ Chicken Salad](#)

Breakfast Ideas

- [Easy Egg Casserole with Green Chiles](#)
- [Baked Oatmeal Cups](#)
- [Whole Wheat Waffles](#)

Lunch Ideas

- [Baked Tostadas](#)
- [Quick & Easy Homemade Ramen](#)
- [Easy Bean Burritos](#)

Snack/Dessert Ideas

- [Homemade Drumstick Ice Cream Cones](#)
- [Zucchini Bread with Pineapple](#)
- [Oatmeal Date Energy Balls](#)

Meal Plan Tips

- Mexican Lasagna makes 8 hearty servings. For a family of 4 prepare one tray and enjoy both Sunday and Tuesday night. If you are a larger family, serve with a side of chips and guacamole, rice, and/or beans to make the main course last for 2 meals.
- Use romaine or iceberg lettuce to top Mexican Lasagna and BBQ Chicken Salad. Any leftover toppings, serve with bean burritos or tostadas for lunch.
- On Monday, prepare a double batch of Asian Noodle Salad. Enjoy it as a hearty meatless meal on Monday and as a side with Teriyaki Chicken on Wednesday. Use leftover ingredients (like slaw and onions) to top Ramen.
- On Thursday, prepare a double batch of BBQ Chicken. Reserve half for Friday and Saturday dinners. Prepare extra corn on the cob as well to add to BBQ Chicken Salad.
- Use leftover eggs, cheese, and cottage cheese to make Green Chile egg casserole for breakfast if desired. Eggs can be used to top ramen as well.

Grocery List

Proteins:

- 24 ounces lean ground beef
- 4-6 pounds chicken breast

Dairy/Refrigerated

- 8 oz Pepper Jack Cheese
- 16 oz cheddar cheese
- 16 oz cottage cheese
- eggs

Dry Goods

- 16 oz spaghetti noodles
- hot sauce
- soy sauce
- 2 cups pineapple juice
- BBQ Sauce
- 16 ounce can diced tomatoes with green chiles
- toasted sesame oil
- rice vinegar
- honey or brown sugar
- cornstarch
- tortilla chips

Bread

- pizza dough or [homemade dough](#)
- Flour tortillas for lasagna

Produce

- 2 bags broccoli slaw
- 1 bunch green onions
- 1 lime
- 2 red bell peppers
- romaine lettuce for salad and topping lasagna
- fresh fruit--berries, kiwi, melon, etc.
- 1 fresh pineapple
- 2 yellow onions
- 8 ears of corn
- 1 English cucumber
- pint cherry/grape tomatoes for BBQ salad
- avocados, roma tomatoes, onion, and lime if making Guacamole