

Meal Plan 21- Week of Sept 8-14, 2024

Dinner Recipes

- **Sunday:** [Pizza Meatloaf](#) with [Mashed Potatoes](#)
- **Monday:** [Easy Baked Rotini](#) with [Copycat Olive Garden Salad](#)
- **Tuesday:** [Chicken Al Pastor](#) with [Instant Pot Cilantro Lime Rice](#)
- **Wednesday:** [Instant Pot Zuppa Toscana Soup](#) with leftover [Olive Garden Salad](#)
- **Thursday:** Burrito Bowls using leftovers from Tuesday
- **Friday:** [London Broil](#) with [Roasted Potatoes and Carrots](#)
- **Saturday:** [Southwest Salad](#)

Breakfast Ideas

- [Slow Cooker Oatmeal](#)
- [Homemade Egg McMuffins](#)
- [Pumpkin Banana Muffins](#)

Lunch Ideas

- [Leftovers-- Rotini, Rice Bowls, or Soup](#)
- [Asian Noodle Salad](#)
- [Healthier Cheese Quesadilla](#)

Snack/Dessert Ideas

- [Cream Cheese Apple Dip](#)
- [Homemade Larabars](#)
- [Baked Apples](#)

Meal Plan Tips

- The meatloaf only calls for using 1/2 pound of Italian sausage. Use the other half for the Zuppa Toscana (it will be delicious using only ½ pound of sausage.)
- Use Yukon gold potatoes for the mashed potatoes, roasted potatoes, and Zuppa Toscana Soup.
- Feel free to use all Iceberg lettuce or hearts of romaine for all the salads.
- On Monday, make a large tossed salad and save half for Wednesday night's dinner.
- On Tuesday make DOUBLE the rice and chicken al pastor to enjoy as tacos and a side for dinner and then as rice bowls on Thursday.
- On Wednesday, freeze any remaining bacon OR [bake the bacon](#) and use it for the [Egg McMuffins](#).
- For the Southwest Salad, use any leftover chicken al pastor meat or leftover london broil. Alternatively, use additional boneless, skinless chicken thighs to make the seasoned chicken per the instructions.
- No Instant Pot?
 - **To Prepare Stove Top Zuppa Toscana Soup:** Saute the bacon, sausage, and onions as the recipe directs, using a large stock pan, over medium-high heat. Deglaze the inner pot with wine, or stock, add the chicken stock, potatoes, salt, pepper, chili flakes, and kale and gently stir to combine. Bring to a boil, lower heat to a simmer, cover and simmer for 20-25 minutes, or until the potatoes are fork-tender and the kale is tender. Remove the lid, add in the cream and continue to simmer, with the lid off for 3-5 minutes, or until warmed through. Top with the reserved crumbled bacon.
 - **To Prepare Cilantro Lime Rice on the Stove:** Cook 4 cups of white or brown rice in a large stock pan according to package directions. Once cooked through, add in 2 teaspoons of salt, the zest and juice of 2 large limes and ½ cup minced cilantro and fluff with a fork.

Grocery List

Proteins:

- 3-4 lb boneless, skinless chicken thighs
- 1 lb ground beef
- 1 lb Italian sausage
- 2-4 oz bacon
- One large London Broil (2 pound top round or flank steak)

Dairy/Refrigerated

- 16 ounces cottage cheese
- 16 ounces mozzarella cheese
- Parmesan cheese
- eggs for meatloaf
- 1 cup heavy cream
- Milk + Butter for mashed potatoes

Produce

- 1 large fresh pineapple
- 2-4 yellow onions
- 1 bunch cilantro
- 5 pounds Yukon gold potatoes
- 2 heads of Iceberg lettuce
- 2-3 hearts of romaine
- tomatoes for salad
- 6 limes
- 1 lb bag carrots
- toppings for SW salad: (avocado, peppers, corn, tomatoes, etc)

Bread

- brown/white rice
- tortillas for chicken al pastor if desired

Dry Goods

- 32 ounces spaghetti sauce
- 8 ounces pizza sauce (or additional spaghetti sauce)
- croutons
- pepperoncini peppers
- black olives
- 1 can chipotle peppers
- 2 cups pineapple juice
- Soy sauce
- 32 ounces chicken stock
- 32 ounces vegetable broth or water for rice
- Tortilla chips for SW Salad