

Meal Plan 20- Week of Sept 2-7, 2024

Dinner Recipes

- Sunday: [Air Fryer Chicken Legs](#) or [Crockpot BBQ Chicken Legs](#) with [Instant Pot Potato Salad](#) or [Old-Fashioned Potato Salad](#)
- Monday (Labor Day): [The Best Burgers](#) with [Baked Beans](#), leftover potato salad and [Cherry Crumble Pie](#)
- Tuesday: [Ground Beef Tacos](#) with [Instant Pot Refried Beans](#) and [Blender Salsa](#) with chips
- Wednesday: [Southwest Salad](#)
- Thursday: [Taco Pizza](#)
- Friday: [BBQ Chicken Burger](#) with [Sauteed Summer Squash](#)
- Saturday: [Stir-Fried Chicken and Bok Choy](#) with [Instant Pot Brown Rice](#) or [Instant Pot Jasmine Rice](#)

Breakfast Ideas

- [Chocolate Chip Pancakes](#)
- [Banana Baked Oatmeal](#)
- [Ham and Egg Cups](#)

Lunch Ideas

- [Egg Salad](#)
- [PB & J Oatmeal Cups](#)
- [Mediterranean Chickpea Salad](#)

Snack/Dessert Ideas

- [Healthy Applesauce Muffins](#)
- [Peanut Butter Oatmeal Bars](#)
- [DIY Yogurt Tubes](#)

Meal Plan Tips

- 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

Grocery List

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)

- dried pinto beans

Dairy/Refrigerated

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

Bread

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

Dry Goods

- 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

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