

Meal Planner

SUNDAY

Pizza Meatloaf

Mashed Potatoes

MONDAY

Easy Baked Rotini

Copycat Olive Garden Salad

TUESDAY

Chicken Al Pastor

Cilantro Lime Rice

WEDNESDAY

Zuppa Toscana Soup

Leftover Olive Garden Salad

THURSDAY

Burrito Bowls

using leftovers from Tuesday

FRIDAY

London Broil

Roasted Potatoes & Carrots

SATURDAY

Southwest Salad



BREAKFAST IDEAS

*Crockpot Oatmeal

*Homemade Egg McMuffins

*Pumpkin Banana Muffins

LUNCH IDEAS

*Leftovers-- Rotini, Rice Bowls, or Soup

*Asian Noodle Salad

*Healthier Cheese Quesadilla

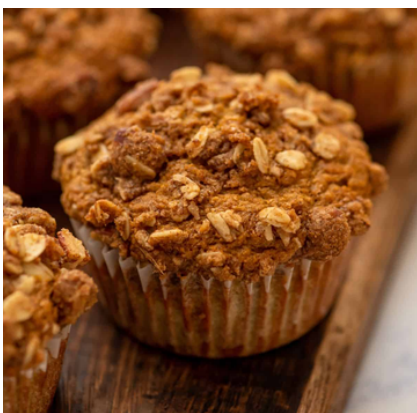
SNACK IDEAS

*Cream Cheese Apple Dip

*Homemade Larabars

*Baked Apples

GROCERY LIST



MEAL PLAN NOTES

- 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.
- 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.
- Feel free to use all Iceberg lettuce or hearts of romaine for all the salads.
- 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.
- **Stove Top Cilantro Lime Rice:** 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.

MEATS/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)

GRAINS/BREADS

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

DRY GOODS/STAPLES

- 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

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)

DAIRY/REFRIGERATED GOODS

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