

weekly



MEAL PLAN

WEEK OF:

GROCERIES

M Skillet Pesto Chicken and Veggies

T Zuppa Toscana

W Crazy Good Beef and Broccoli

T Southwest Quinoa

F Leftover Roasted Vegetable Frittata

S Chicken Bacon Ranch Casserole

S Chicken and White Bean Chili

NOTES

If you have extra veggies while cooking, cook them anyway and put them aside for the frittata!

Whip up your own ranch dressing instead of store bought! You probably have the ingredients! Here's what you need: mayo, sour cream, almond or regular milk, lemon juice, dried parsley, dried dill, dried chives, garlic powder, onion powder.

PANTRY STAPLES

		olive oil
		butter
chili powder	cumin	paprika
soy sauce	brown sugar	cornstarch

MEAT

- 3 lb boneless, skinless chicken breasts
- 8 slices bacon
- 1 lb Italian sweet sausage
- 4 oz pancetta (or use the bacon)
- 1 lb ground chicken or turkey

PRODUCE

- head of garlic
- 2 yellow + 1 white onions
- 1 jalapeno
- 1 1/2 lbs yellow potatoes
- 1 pint cherry tomatoes
- 1 lb asparagus
- 1 (5 oz) bag of baby spinach or kale
- 1 zucchini
- 1 lb broccoli
- 3 avocados
- fresh cilantro
- 1 lime

GROCERY

- 1 can (15 oz) white beans
- 1 can (15 oz) hominy
- 1 can (15 oz) black beans
- package of quinoa
- 1 carton + 1 can chicken broth
- can of beef stock
- 2 cans (15 oz) diced tomatoes
- ranch dressing (see notes below)
- sun-dried tomatoes in oil (need 1/3 cup)
- basil pesto (need 1/4 cup)

DAIRY

- 8 oz mozzarella cheese
- 8 oz cheddar cheese
- pint heavy cream
- 6 eggs

FRZ

- 8 oz frozen corn
- 16 oz frozen spinach