

On the Menu:

Monday:



One-Pot Cheeseburger Pasta (\$22)

Cook Time: 40 min.

Serves: 8

Tuesday:



Sheet Pan Sausage and Veggies (\$15)

Cook Time: 20 min.

Serves: 4

Wednesday:



6-Ingredient Chicken Enchiladas (\$19)

Cook Time: 20 min.

Serves: 10

Thursday:



Burger Bowls (\$22)

Cook Time: 25 min.

Serves: 4

Friday:



One-Pan Italian Chicken and Peas (\$10)

Cook Time: 20 min.

Serves: 4



This Week's Meal Plan

Grocery List:

Produce

- ☐ 1 onion (Monday)
- ☐ 1 carrot (Monday)
- ☐ 3 cups baby spinach (Monday)
- ☐ 4 sweet potatoes (Tuesday & Thursday)
- ☐ 2 cups broccoli florets (Tuesday)
- ☐ 1 bell pepper (any color) (Tuesday)
- ☐ Garlic (Tuesday)
- ☐ Additional veggies for roasting (Tuesday)
- ☐ Cilantro - optional (Wednesday)
- ☐ 2 avocados (Wednesday & Thursday)
- ☐ 1/2 red onion (Thursday)
- ☐ 1 head lettuce (Thursday)
- ☐ 2 cups baby tomatoes (Thursday)

Canned & Jarred Goods

- ☐ 15-oz. jar red or green enchilada sauce (Wednesday)
- ☐ 14.5-oz. can black beans (Wednesday)
- ☐ Dill pickles (Thursday)

Protein

- ☐ 1 lb. ground turkey (Monday)
- ☐ 12 oz. chicken sausage (Tuesday)
- ☐ 1 rotisserie chicken (Wednesday)
- ☐ 1 lb. lean ground beef (Thursday)
- ☐ 1 1/2 lbs. chicken breasts (Friday)

Bread & Grains

- ☐ 8-10 oz. whole wheat penne pasta (Monday)
- ☐ 10 whole wheat 8" tortillas (Wednesday)

Pantry

- ☐ Olive oil
- ☐ Beef broth (3 cups)
- ☐ Tomato paste (2 Tbsp.)

Refrigerated

- ☐ 2 cups shredded cheddar cheese (Monday & Thursday)
- ☐ 3/4 cup low fat plain yogurt (Monday)
- ☐ 1/2 cup mayonnaise (Thursday)
- ☐ Mustard (Thursday)
- ☐ 1 Tbsp. soy sauce (Thursday)
- ☐ 1.5-2 Tbsp. low sugar ketchup (Thursday)
- ☐ 1 Tbsp. lemon juice (Friday)
- ☐ 2 Tbsp. shredded Parmesan (Friday)
- ☐ 12 oz. frozen peas (Friday)

Seasonings / Other

- ☐ Onion powder
- ☐ Garlic powder
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Salt & pepper



Meal Prep Instructions

Sunday Prep (30-40 minutes):

- ☐ Wash and chop all produce except lettuce, spinach and avocados
- ☐ Dice onions, carrot, bell pepper
- ☐ Peel and cube sweet potatoes for Tuesday and Thursday
- ☐ Store prepped veggies in airtight containers organized by day
- ☐ Shred rotisserie chicken for Wednesday, freeze
- ☐ Cube 1 1/2 lbs. chicken breast for Friday, freeze
- ☐ Cook ground turkey for Monday, refrigerate

Tuesday Morning:

- ☐ Thaw rotisserie chicken in refrigerator for Wednesday

Wednesday Morning:

- ☐ Thaw cubed chicken in refrigerator for Thursday
- ☐ Shred lettuce for Thursday

Scan For Recipes

Monday



One-Pot Cheeseburger
Pasta

Tuesday



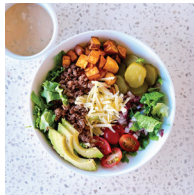
Sheet Pan Sausage
and Veggies

Wednesday



6-Ingredient Chicken
Enchiladas

Thursday



Burger Bowls

Friday



One-Pan Italian Chicken
and Peas



One-Pot Cheeseburger Pasta

Ingredients

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|-------------------------------------|----------------------------------|
| 2 Tbsp. olive oil | 2 Tbsp. tomato paste |
| 1 onion (chopped) | 1 Tbsp. soy sauce |
| 1 carrot (grated or finely chopped) | 3 cups baby spinach |
| 1 lb. ground turkey | (roughly chopped) |
| 1 tsp. salt | 8-10 oz. whole wheat penne pasta |
| 1/4 tsp. black pepper | 3 cups beef broth |
| 1/2 tsp. garlic powder | 3/4 cup low fat plain yogurt |
| 2 tsp. paprika | 1 cup shredded cheddar cheese |

Instructions

1. Heat olive oil over medium heat in a large pot. Add onion and carrot and cook until softened, about 5 minutes.
2. Add ground turkey, breaking it up into small crumbles. Cook until browned. Stir in salt, pepper, garlic powder, paprika and tomato paste and cook for 30 seconds. Add soy sauce, spinach, pasta and beef broth.
3. Cover and bring to a simmer. Cook until pasta is tender, about 10 minutes, stirring occasionally. If the liquid fully evaporates before the pasta is cooked, stir in an additional 1/2 cup of broth or water.
4. Remove the lid then stir in the yogurt and cheese until melted.
5. Enjoy warm.

Notes: If you don't have plain yogurt on hand, you can substitute sour cream.



Sheet Pan Sausage & Veggies

Ingredients

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| 12 oz. chicken sausage | 2 Tbsp. olive oil |
| 2 sweet potatoes | 1 Tbsp. your favorite spice blend |
| 2 cups broccoli florets | (Italian, taco or cajun are great options) |
| 1 cup bell pepper | 1/2 tsp. salt |
| (chopped, any color) | 1/2 tsp. black pepper |
| 2 cloves garlic (minced) | |

Instructions

1. Preheat oven to 400°F.
2. Slice the sausage into 1" rounds. Dice the sweet potatoes into small 1/2" cubes.
3. Add the sausage, veggies and minced garlic to a large baking sheet. Drizzle with olive oil and sprinkle with your favorite spice blend. Season with salt and pepper. Toss veggies with your hands until they are fully combined and coated with olive oil and spices.
4. Bake for 20 minutes, stirring halfway and serve.

Notes: Mix in any veggies you like into this dish. Zucchini, asparagus, green beans, brussels sprouts, grape tomatoes, onion and carrots are great options.



6-Ingredient Chicken Enchiladas

Ingredients

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| 15 oz. jar enchilada sauce (red or green) | 1 cup shredded cheddar cheese (divided) |
| 10 8" whole wheat tortillas | 1 medium avocado (sliced) |
| 3 cups shredded rotisserie chicken | 1/2 cup cilantro (optional for topping) |
| 14.5 oz. canned black beans (rinsed and drained) | |

Instructions

1. Preheat oven to 400°F and spray 9" x 13" baking dish with cooking spray. Add 1/4 cup enchilada sauce to the bottom of your dish and spread it out evenly using the back of a spoon.
2. In a large bowl, add shredded chicken, black beans and 1/4 cup shredded cheese. Mix well. Stir in 2 Tbsp. enchilada sauce.
3. Assemble enchiladas: Spoon 1/2 cup of the chicken mixture into each tortilla. Fold one end of the tortilla towards the center, folding the opposite end over to meet it and place seam side down in your baking dish. Continue until all tortillas are filled.
4. Pour remaining enchilada sauce over enchiladas and top with remaining shredded cheese.
5. Bake in preheated oven for 15-18 minutes, until cheese is melted and starting to bubble.
6. Remove from the oven and let cool slightly before serving. Top with sliced avocado and optional cilantro and enjoy!



Healthy Burger Bowls

Ingredients

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| Burger sauce: | 1.5-2 Tbsp. low sugar ketchup |
| 1/2 cup reduced fat mayo | 3 Tbsp. dill pickles (chopped small) |
| 2 Tbsp. mustard | |
| Salad: | 1 cup cheddar cheese (shredded) |
| 1 1/2 Tbsp. olive oil | 2 cups baby tomatoes (sliced) |
| 1 lb. lean ground beef | 1 cup dill pickles (sliced) |
| 1 tsp. salt (divided) | 1 avocado (sliced) |
| 1/4 tsp. pepper | 2 cups roasted sweet potato (1/2" cubes) |
| 1 head lettuce (chopped) | |
| 1/2 red onion (diced) | |

Instructions

1. Roast 1/2" diced sweet potatoes with 1 Tbsp. olive oil and 1/2 tsp. salt in a 400°F preheated oven for 20-25 minutes. Remove from oven and let cool.
2. Prepare burger sauce: In a small bowl, add mayo, mustard, ketchup and dill pickles, and stir until mixed. Set in fridge while you cook the beef and prepare the salad.
3. Heat remaining olive oil in a large skillet over medium heat.
4. Once oil is hot, add lean ground beef, salt and pepper. Cook until browned, breaking meat apart with a wooden spatula as it cooks, about 7-8 minutes.
5. While meat is cooking, prepare salad: Divide chopped lettuce amongst 4 bowls. Evenly add onion, cheese, tomatoes, pickles, avocado and roasted sweet potatoes.
6. Once meat is browned, remove from heat and drain excess fat. Add additional salt and pepper to taste. Add 1/2 cup cooked meat to each bowl. Serve with a drizzle of burger sauce and enjoy!



One-Pan Italian Chicken & Peas

Ingredients

1 1/2 lbs. chicken breasts
(1" cubes)
3/4 tsp. onion powder
1/2 tsp. paprika
1 tsp. salt (divided)
1/4 tsp. black pepper
1 Tbsp. olive oil

12 oz. frozen peas
3/4 tsp. Italian seasoning
1/2 tsp. garlic powder
1 Tbsp. lemon juice
2 Tbsp. shredded Parmesan
cheese

Instructions

1. Using a clean cutting board and a sharp knife, cube chicken into 1" pieces and place in a large mixing bowl. Thoroughly wash hands after dealing with raw chicken.
2. Sprinkle onion powder, paprika, 1/2 tsp. salt and black pepper over chicken. Mix with a large spoon.
3. Heat a large non-stick skillet over medium-high heat. Add olive oil.
4. Once oil is hot, add chicken and keep them from touching one another. Cook in two batches if needed. Cook for 3-4 minutes until browned on the bottom.
5. Flip the chicken pieces over to brown the other side, about 2-3 minutes more. If cooking in batches, place the cooked chicken pieces on a paper towel-lined plate as you cook the second batch.
6. Once chicken is cooked through, reduce heat to medium-low and ensure all chicken is in the skillet. Add frozen peas, Italian seasoning, garlic powder and remaining 1/2 tsp. salt. Stir the mixture together, scraping the bottom of the pan for added flavor.
7. Cook, stirring occasionally, until peas are warmed through and tender, about 4-5 minutes.
8. Remove the pan from heat and stir in lemon juice. Top with shredded Parmesan and enjoy!