

## 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):

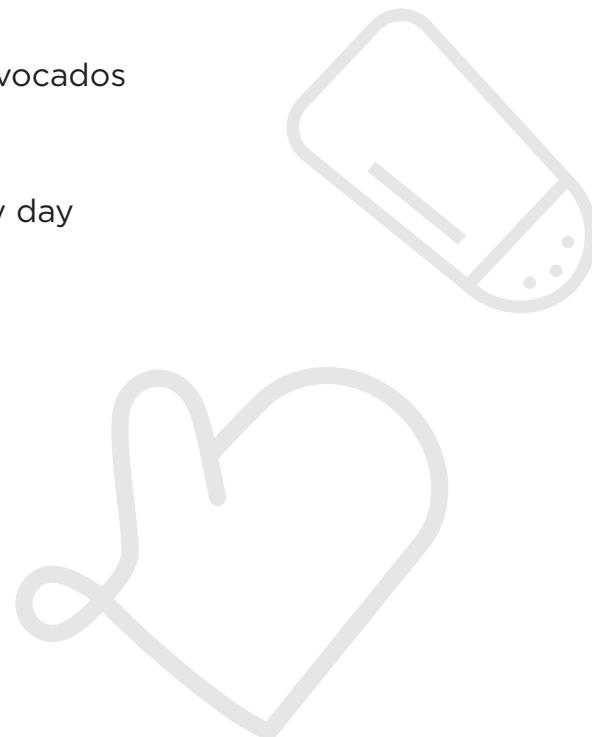
- Wash and chop all produce except lettuce, spinach and avocados
- Dice onions, carrot, bell pepper
- Peel and cube sweet potatoes for Tuesday and Thursday
- Store prepped veggies in airtight containers organized by day
- Shred rotisserie chicken for Wednesday, freeze
- Cube 1 1/2 lbs. chicken breast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

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 (roughly chopped)
1 lb. ground turkey	8-10 oz. whole wheat penne pasta
1 tsp. salt	3 cups beef broth
1/4 tsp. black pepper	3/4 cup low fat plain yogurt
1/2 tsp. garlic powder	1 cup shredded cheddar cheese
2 tsp. paprika	

## 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

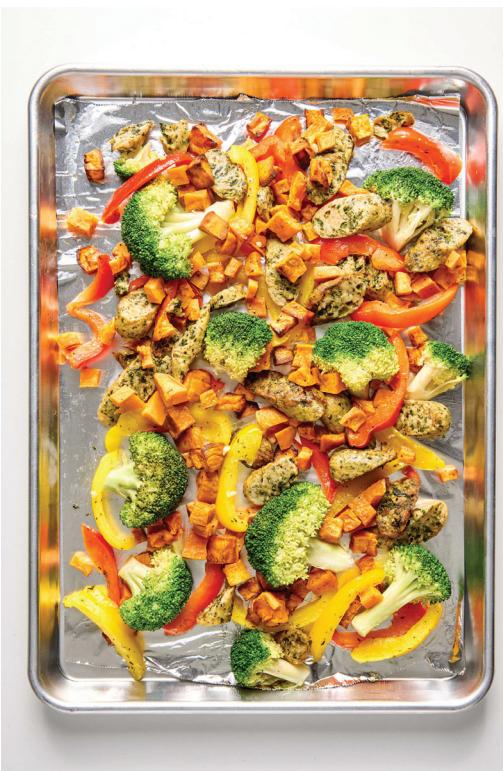
## Ingredients

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

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

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

## 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)	12 oz. frozen peas
3/4 tsp. onion powder	3/4 tsp. Italian seasoning
1/2 tsp. paprika	1/2 tsp. garlic powder
1 tsp. salt (divided)	1 Tbsp. lemon juice
1/4 tsp. black pepper	2 Tbsp. shredded Parmesan cheese
1 Tbsp. olive oil	

## 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!

