

MEAL PLAN

WEEK 1 • MENU + GROCERY LIST

Night 1 Tuna Salad Sandwiches + Carrot Salad
Night 2 Chicken Spaghetti with Rotel + Side Salad
Night 3 Leftovers or eat out
Night 4 Burgers in the Oven + Potato Salad

Night 5 Baked BBQ Chicken Thighs + Crack Green Beans
Night 6 Creamy Taco Soup + Air Fryer Garlic Bread
Night 7 Open night
Sweet Bread Pudding

The small numbers show which night an item is for. **D** is dessert. Skipping a night? Skip anything marked with that number.

PRODUCE

- ☐ 4 apples ¹
- ☐ 9 carrots ^{1 2}
- ☐ 1 small red onion ¹
- ☐ 1 bunch celery ^{1 2}
- ☐ 1 lemon ¹
- ☐ 1 small bunch parsley ¹
- ☐ 3 heads romaine lettuce ²
- ☐ 1 roma tomato + 1 radish ²
- ☐ 1 bunch green onions ^{1 2 4}
- ☐ 2 cloves garlic ¹
- ☐ Fresh ginger ¹ tsp grated ¹
- ☐ 1½ lb red potatoes ⁴
- ☐ 1 small yellow onion ⁵

MEAT + FISH

- ☐ 1 (12-oz) can tuna ¹
- ☐ 2 cups cooked shredded chicken
rotisserie is easy ²
- ☐ 2 lb ground beef ^{4 6}
- ☐ 4 bone-in chicken thighs ^{2½–3 lb 5}
- ☐ 8 slices bacon ^{2 5}

DAIRY, EGGS + BREAD

- ☐ 14 slices sandwich bread ⁸
sandwiches, 6 pudding ^{1 D}
- ☐ 4 hamburger buns ⁴
- ☐ 4 frozen garlic toasts ⁶
- ☐ 2½ cups shredded cheddar ^{2 6}
- ☐ 1 cup sour cream ^{2 6}
- ☐ 8 oz cream cheese ⁶
- ☐ 2 cups milk ^D
- ☐ 9 eggs ^{2 4 D}
- ☐ 3 Tbsp butter ^D

CANS, PASTA + RICE

- ☐ 8 oz dry spaghetti ²
- ☐ 1 (10.5-oz) cream of chicken soup ²
- ☐ 1 (10.5-oz) cream of mushroom soup ²
- ☐ 2 (10-oz) cans Rotel ^{2 6}
- ☐ 3 cups chicken broth ^{2 4}
- ☐ 4 cups beef broth ⁶
- ☐ 1 (15.25-oz) can corn ⁶
- ☐ 1 (15.5-oz) can chili beans ⁶
- ☐ 1 cup dry white rice ⁵
- ☐ 2 (14.5-oz) cans green beans ⁵
- ☐ 1 packet taco seasoning ⁶

OPTIONAL EXTRAS

- ☐ 4 slices American cheese burgers ⁴
- ☐ Ketchup, mustard, pickles ⁴
- ☐ 2 cups fresh spinach side salad ²
- ☐ ¼ cup walnuts or raisins carrot salad ¹
- ☐ Cheesy pull apart bread crusty loaf, mozzarella, butter ⁶
- ☐ Bagged salad, chips, frozen green beans shortcut swaps ^{2 4 5}

Notes

CHECK YOUR PANTRY

- ☐ Mayonnaise about 1 cup
- ☐ Sweet pickle relish ⁷ Tbsp
- ☐ Coarse Dijon mustard
- ☐ Bottled salad dressing ¼ cup
- ☐ Avocado oil ³ Tbsp
- ☐ Apple cider vinegar ² Tbsp
- ☐ Soy sauce ⁵ tsp
- ☐ Worcestershire sauce ^{2½} tsp
- ☐ BBQ sauce ¾ cup
- ☐ Honey ¹ Tbsp
- ☐ Granulated sugar ¾ cup
- ☐ Light brown sugar ⁶ Tbsp
- ☐ Vanilla + cinnamon ¹ tsp each
- ☐ Garlic powder + onion powder
- ☐ Dried basil + sunflower seeds side salad
- ☐ Smoked paprika, chili powder, baking powder
- ☐ Salt, kosher salt, black pepper
- ☐ Cooking spray