



WEEKLY meal plan

ONE-PAN MONDAY

BALSAMIC CHICKEN AND VEGGIES

MEXICAN OR TACO TUESDAY

CHICKEN TACO BOWLS W/CILANTRO LIME RICE

SOUP OR SALAD WEDNESDAY

COBB SALAD

SLOW COOKER OR INSTANT POT THURSDAY

INSTANT POT SPAGHETTI

ITALIAN OR PIZZA NIGHT FRIDAY

HOMEMADE GARLIC FRENCH BREAD PIZZA

CLEAN OUT THE FRIDGE OR EAT OUT SATURDAY

COMFORT SUNDAY

EASY POT ROAST (ONLY 5 INGREDIENTS)

Extras

SNACK

NO-BAKE ENERGY BALLS (serves 20)

DESSERT

NO BAKE SCOTCHEROOS (serves 18)

shopping list

Balsamic Chicken (Serves 4)

4 skinless boneless chicken breasts (about 1 1/2 pounds)
4 to 5 cups chopped vegetables (like red potatoes, carrots, broccoli and/or green beans)
1/4 cup balsamic glaze (I use DeLallo brand)
1/4 cup olive oil

Slow Cooker Chicken Taco Bowls (Serves 4-6)

Chicken:

4 skinless boneless chicken breasts (about 1 1/2 pounds)
1 cup fresh salsa
1 teaspoon chili powder
3/4 teaspoon ground cumin
1 clove garlic minced
1 can black beans
1 can corn
1/2 lime juiced (about 1/2 Tablespoon)

Rice:

2 tablespoons butter
1 cup uncooked white long rice
juice and zest 1 large lime
14 oz can chicken broth
1/4 cup finely chopped cilantro

Cobb Salad (Serves 4)

2 large boneless skinless chicken breasts
2 Tablespoons olive oil
2 teaspoons Italian seasoning
8 cups romaine lettuce (spinach or spring mix)
1 cup corn
2 tomatoes
1 avocado
2 boiled eggs
4 strips of bacon
1/4 cup green onion

Instant Pot Spaghetti (Serves 4-6)

2 teaspoons olive oil
1/2 cup chopped onion
1 teaspoon minced garlic
3/4 pound lean ground beef
12 oz uncooked spaghetti noodles (about 3/4 package)
24 oz spaghetti sauce (1 jar)

14 oz petite diced tomatoes (1 can)

French Bread Pizza (Serves 6-8)

1 loaf french bread
1/4 cup salted butter
1/2 teaspoon garlic powder
1/2 cup pizza sauce
1-2 cups shredded mozzarella cheese

Pot Roast (Serves 6-8)

1 1/2 Tablespoons extra-virgin olive oil
3 1/2 pound boneless beef chuck pot roast
2 cups beef broth
1/2 teaspoon garlic or onion powder or both

Energy Balls (Serves 20)

1 cup old fashioned oats
2/3 cup creamy peanut butter
2 Tablespoons honey
1/4 cup ground flax seed
1/4 - 1/2 cup dark or semi sweet chocolate chips

Scotcheroos (Serves 18)

1 Tablespoon butter
1/2 cup sugar
1/2 cup light corn syrup
1/2 cup peanut butter
1 teaspoon pure vanilla extract
3 cups Rice Krispies
1/2 cup chocolate chips
1/2 cup butterscotch chips

Optional Ingredients:

Balsamic Chicken: Fresh basil

Taco Bowls: Avocado, salsa, sour cream, shredded cheese, chopped cilantro

Cobb Salad: Ranch dressing for serving

Instant Pot Spaghetti: Chopped basil or parsley and parmesan cheese

French Bread Pizza: Pepperoni, sliced olives, sliced peppers, mushrooms, red onions, tomatoes, basil, etc.

Pot Roast: Onion slices, fresh rosemary or thyme, sliced potatoes and carrots

Energy Balls: Splash of vanilla, pinch of salt, pinch of cinnamon, 1 Tablespoons chia seeds, 3 Tablespoons protein powder



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