

WEEKNIGHT

Dinner Meal Plan

Sunday

Bolognese with Fall
Zucchette Pasta and
Sautéed Spinach

Monday

Rotisserie Chicken with
Roasted Red Potatoes and
Green Beans

Tuesday

Grilled Pork Harvest Bowls

Wednesday

Sausage and Shrimp Taco
Bowls

Thursday

Cauliflower Fried Rice

Friday

Mama's Not Cooking-
Take Out!

Saturday

Family Date Night-
Find a Patio (if the
weather's nice)

Notes

Saturday- *Costco and
online grocery order pick up*

Shopping List

Meat

1 lb lean ground beef
1 lb lean ground turkey sausage
Rotisserie chicken
Chicken apple sausage
Shrimp
Pork sirloin

Produce

Carrots
Celery
Spinach
Red potatoes
Green beans
Bell peppers
Red onion
Butternut squash
Green apples
Mixed greens
Green onion

Pantry/Spices

Dried oregano
Dried thyme
Dried minced onion
Bay leaves
Sesame oil
Low sodium soy sauce
Minced garlic
Tomato paste (6 oz)
Crushed tomatoes (28 oz)
Chicken broth
Fall zucchini pasta (Trader Joes)
Rice/Quinoa pouches
Almonds

Dairy/Frozen

Milk
Cauliflower rice
Frozen mixed veggies
Egg whites
Turmeric dressing (Trader Joes)