

# meal plan: WEEK OF DINNERS IN 1 HOUR

helloglow.co

## The Menu

1. ROASTED CHICKEN WITH ROASTED VEGETABLES AND BROWN RICE
2. SLOW COOKER BLACK BEAN CHILI AND CORNMEAL WAFFLE STACKS
3. CHICKEN COBB SALAD PITAS WITH FRUIT
4. ONE PAN PASTA BAKE WITH GREEN VEGGIES
5. CHILI-STUFFED BAKED POTATOES WITH GREEN SALAD
6. PITA PIZZAS WITH GREEN SALAD
7. KITCHEN SINK BROWN RICE BOWLS WITH PEANUT SAUCE

## The Shopping List

### CANNED AND DRY GOODS:

- ☐ small bag brown rice
- ☐ 16 ounce bag dry black beans
- ☐ 28-ounce can diced tomatoes
- ☐ 15-ounce can diced tomatoes
- ☐ 28-ounce can crushed tomatoes
- ☐ 15-ounce can tomato sauce
- ☐ 1 quart plus 8 ounce can low-sodium or unsalted chicken broth (omit if making from scratch)
- ☐ 14-ounce can sliced black olives
- ☐ small bag or jar sun-dried tomatoes
- ☐ 14-ounce can coconut milk

### POULTRY AND MEAT:

- ☐ 2 whole chickens (about 3-5 lbs. each)
- ☐ one package pepperoni (optional)

### DAIRY AND EGGS:

- ☐ 16 ounce bag shredded mozzarella cheese
- ☐ 8 ounce bag shredded cheddar cheese
- ☐ 5 ounce container freshly grated parmesan cheese
- ☐ 16 ounce carton sour cream
- ☐ 1 quart buttermilk
- ☐ 1/2 dozen large eggs
- ☐ 8 ounces butter
- ☐ 5.3 ounce container Greek yogurt (optional)

### VEGGIES + FRESH HERBS:

- ☐ 5 pounds assorted fresh veggies (such as brussels sprouts, sweet potatoes, carrots, broccoli, cauliflower, green beans, bell peppers, etc. to roast and use as pizza toppings)
- ☐ 4 large baking potatoes (russet , white, or yukon gold)
- ☐ 2 yellow onions (1 large, 1 medium)
- ☐ 3 poblano chile peppers
- ☐ 2 roma tomatoes
- ☐ 1 jalapeno
- ☐ 1 head garlic
- ☐ 2 6-ounce bags baby mixed greens
- ☐ 1 6-ounce bag shredded lettuce
- ☐ 1 6-ounce bag baby spinach
- ☐ 1 bunch fresh cilantro
- ☐ 1 bunch green onions
- ☐ 1 bunch fresh basil (optional, for pizzas and pasta bake garnish)

### HERBS/SPICES:

- ☐ dried Italian seasoning
- ☐ salt and pepper
- ☐ dried dill
- ☐ chili powder
- ☐ cumin
- ☐ garlic powder
- ☐ onion powder
- ☐ paprika
- ☐ bay leaf
- ☐ ground ginger

### GRAINS, BREADS, PASTA:

- ☐ 1 1/2 cups white whole wheat flour
- ☐ 1/2 cup stone ground coarse cornmeal
- ☐ 18 whole wheat pitas or flatbreads
- ☐ 8 ounces penne or fusilli pasta
- ☐ 1 loaf crusty bread (need 1/2 cup bread crumbs made from 2-3 slices of the bread)

### PANTRY AND FRIDGE ITEMS:

- ☐ olive or avocado oil
- ☐ peanut butter
- ☐ honey or maple syrup
- ☐ baking powder
- ☐ baking soda
- ☐ mayonnaise
- ☐ soy sauce or tamari
- ☐ rice wine vinegar

### FRUIT:

- ☐ 1 lime
- ☐ 1 lemon
- ☐ 2-3 pounds fresh fruit to serve with meals

### FROZEN:

- ☐ 1 bag corn