

MONDAY



Creamy Carrot Soup

- Serve the soup with [Apple Cinnamon Muffins](#) or any bread of your choice. Ingredients for muffins are included on grocery list.
- Makes 6 servings. Leftover soup makes a great lunch for tomorrow.

TUESDAY



Shrimp and Broccoli Stir Fry

- Serve with [Instant Pot jasmine rice](#) or rice of your choice, if desired.

WEDNESDAY



One Pan Lemon Pasta With Sausage, Asparagus, And Dill

- If you're not a fan of asparagus, fresh mushrooms, green beans, sugar snap peas, spinach, or shredded Brussels sprouts can be substituted.

THURSDAY



Herb Roasted Chicken Drumsticks and Potatoes

- Add your favorite green vegetable or salad to round out this meal, if desired.

FRIDAY



Air Fryer Burgers

- Serve the burgers with easy-to-make [creamy coleslaw recipe](#) (or buy deli coleslaw) and chips. Ingredients for coleslaw are included on grocery list.

BONUS



Best Granola Recipe (make it your own!)

- Perfect for a quick breakfast with yogurt and fruit. Granola is a healthy snack or lunchbox treat. Try it as a topping for ice cream or baked apples.

NOTES

- If desired, make twice as many burgers as you need and freeze them for another time! See post for information and directions.



GROCERY LIST FOR MEAL PLAN #3

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- carrot (1 ½ lbs) - *M*
- onion (4) - *M/Tu/W/Th*
- garlic (4 cloves) - *M/Tu/W*
- Granny Smith apples (2) - *M*
- fresh ginger - *Tu*
- broccoli florets (1 head or about 6 c) - *Tu*
- green onions - *Tu*
- asparagus (1 bunch) - *W*
- fresh dill - *W*
- lemon (1) - *W*
- sweet potatoes (2) - *Th*
- russet potato (1) - *Th*
- fresh rosemary - *Th*
- fresh thyme - *Th*
- coleslaw mix (16 oz) - *F*

MEAT / FISH / PROTEIN

- 1 lb raw peeled, deveined, tails removed medium shrimp (31 to 40 shrimp per pound) - *Tu*
- 1 lb (16 oz) ground turkey sausage - *W*
- 3 lbs chicken drumsticks - *Th*
- 1 lb lean ground beef - *F*

CANNED GOODS

- vegetable broth (32 oz) - *M*
- chicken broth (24 oz) - *W*

DAIRY / REFRIGERATED

- heavy cream (4 oz) - *M*
- milk (6 oz) - *M*
- egg (1) - *M*
- grated parmesan cheese (½ c) - *W*

BREAD / PASTA / GRAINS

- rice for serving with stir fry - *Tu*
- gemelli pasta (3 c) - *W*
- buns for serving burgers - *F*
- old-fashioned rolled oats (3 c) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- ground ginger - *M*
- canola oil - *M/Tu/Bonus*
- ground cinnamon - *M*
- ground nutmeg - *M*
- red pepper flakes - *W*
- paprika - *Th*
- garlic powder - *Th/F*
- onion powder - *F*
- celery salt - *F*

PANTRY

- brown sugar - *M/Tu*
- unsweetened applesauce (½ c) - *M*
- whole wheat flour (2 c) - *M*
- granulated sugar - *M/F*
- baking powder - *M*
- reduced sodium soy sauce - *Tu*
- cornstarch - *Tu*
- Sriracha hot chili sauce - *Tu*
- Worcestershire sauce - *F*
- mayonnaise (½ c) - *F*
- dijon mustard - *F*
- white distilled vinegar - *F*
- raw almonds (½ c) - *Bonus*
- raw pecans (½ c) - *Bonus*
- shredded unsweetened coconut (½ c) - *Bonus*
- chia seeds (2 T) - *Bonus*
- ground flaxseed (2 T) - *Bonus*
- honey (½ c) - *Bonus*
- pure vanilla extract - *Bonus*

OTHER

- toasted sesame oil and sesame seeds (optional) - *Tu*
- vegetable or salad - *Th*
- burger toppings - *F*
- yogurt & fresh fruit to eat with granola (optional) - *Bonus*

NOTES

- If desired, dried dill, dried rosemary, and dry thyme can be substituted for fresh.
- If you prefer not to use canola oil, substitute avocado oil and/or coconut oil.

