

MONDAY



### Sheet Pan Italian Sausage with Polenta & Broccoli

- This easy one pan recipe can be prepped in 15 minutes; oven time 30 minutes.
- If you're not a fan of broccoli, another vegetable can be substituted. See recipe card for suggestions.

TUESDAY



### Egg Roll in a Bowl

- If you buy packaged coleslaw mix and shredded carrots, you can have this meal on the table in 30 minutes.
- I highly recommend the wonton strips, additional sliced green onions, and Sriracha as garnishes!

WEDNESDAY



### Pizza Pasta

- This easy dinner can be on the table in 20 minutes!
- If desired, serve a salad, cooked vegetable, and/or warm crusty bread with the pasta. Add your choice to the grocery list.

THURSDAY



### Lemon Salmon with Dill Roasted Potatoes

- The potatoes and the salmon can be baked at the same time at 425°F. Reduce the cooking time of the salmon slightly to compensate for the higher oven temperature. This meal is ready in just 30 minutes.
- Serve a salad or cooked vegetable to complete the meal.

FRIDAY



### Pizza Burgers

- Serve the burgers on buns topped with marinara sauce, melted mozzarella cheese, and basil leaves and a side dish of your choice. We love air fryer sweet potato fries with this meal.
- If fresh basil isn't available, feel free to substitute spinach leaves or leaf lettuce.

BONUS



### Funfetti Cookies

- Bake a batch of these easy decorated sugar cookies in less than 30 minutes.
- Decorate the cookies with colored sprinkles to match the occasion.

NOTES

- Cooking Quote of the Week: "You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients." – Julia Child



## GROCERY LIST FOR MEAL PLAN #48

### 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

- red onion (1) - *M*
- yellow onion (2) - *Tu/F*
- green onions (1 bunch) - *Tu*
- garlic (2 cloves) - *Tu*
- ginger root (1) - *Tu*
- baby potatoes (1 ½ lb) - *Th*
- broccoli (1 head) - *M*
- matchstick carrots (1 c) - *Tu*
- white or cremini mushrooms (8 oz) - *Tu*
- coleslaw mix (16 oz) - *Tu*
- baby spinach (5 oz) - *W*
- basil leaves (20) - *W/F*
- dill (1 small bunch) - *Th*
- lemon (1) - *Th*

#### DAIRY / REFRIGERATED

- shredded mozzarella cheese (1 ¼ c) - *W/F*
- eggs (2) - *F/Bonus*
- finely shredded Parmesan cheese (¼ c) - *F*
- unsalted butter (½ c) - *Bonus*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - *M/F*
- garlic powder - *M/F*
- sesame seeds (optional) - *Tu*

#### PANTRY

- low-sodium soy sauce - *Tu*
- rice vinegar - *Tu*
- Sriracha - *Tu*
- toasted sesame oil (optional) - *Tu*
- cornstarch - *Tu*
- panko bread crumbs - *F*
- granulated sugar - *Bonus*
- pure vanilla extract - *Bonus*
- all-purpose flour - *Bonus*
- cream of tartar - *Bonus*
- baking powder - *Bonus*
- baking soda - *Bonus*
- sprinkles or jimmies - *Bonus*

#### BREAD / PASTA / GRAINS

- shelf-stable tube of cooked polenta (18 oz) - *M*
- orzo (3 c) - *W*
- burger buns (4) - *F*

#### MEAT / FISH / PROTEIN

- uncooked Italian sausages (1 lb) - *M*
- ground chicken, pork, turkey, or beef (1 lb) - *Tu*
- ground turkey (1 lb) - *F*
- pepperoni (3 oz) - *W/F*
- salmon fillet (16 oz) - *Th*

#### CANNED GOODS

- marinara or pizza sauce (23 oz) - *M/W/F*
- 14.5 oz can petite diced tomatoes (1) - *W*

#### OTHER

- wonton strips (optional) - *Tu*
- salad, cooked vegetable, and/or warm crusty bread to serve with pasta - *W*
- salad or vegetable to serve with salmon - *Th*
- side dish of choice to serve with burgers - *F*

#### NOTES

- The salmon recipe is written for 3 servings (12 oz. salmon). I've increased the amount of salmon on the grocery list to 16 oz. for 4 servings (*M*).
- If you buy a 23 oz. jar of marinara sauce, it should be just enough for the sheet pan dinner, pizza pasta, and as a topping on the pizza burgers.
- You'll notice duplication of ingredients in the sheet pan dinner, pizza pasta, and pizza burgers. This makes it easier and more economical to shop.

