

MONDAY



### Shrimp and Broccoli Stir Fry

- If you prefer a meatless option, substitute extra firm tofu for the shrimp. If you like crispy tofu, try [all purpose baked tofu](#) or [air fryer tofu](#).
- Shortcut: Substitute store-bought stir fry sauce for the sauce ingredients. Stir in 1 tablespoon cornstarch to thicken the sauce, if desired.

TUESDAY



### Chicken Tortellini Soup with Kale and Pesto

- This soup recipe is very easy to make and basil pesto gives it such great flavor.
- Buy a jar of shelf-stable pesto. You won't need it all; store leftover pesto in the fridge to add to mayonnaise for sandwiches or to perk up salad dressings.

WEDNESDAY



### Air Fryer Chicken Thighs and Smoky Brussels Sprouts

- If desired, serve warm rolls or bread with this easy dinner.
- If you don't have an air fryer, grill the chicken thighs or try baked [Honey Balsamic Chicken Thighs](#).

THURSDAY



### Instant Pot Spaghetti and Meat Sauce

- Stove Top Instructions: If you don't have an Instant Pot, cook on the stove using a large pan with a lid, adding more cooking time for the pasta (refer to package). Stir occasionally while the pasta is cooking to make sure it isn't sticking. After adding the spinach, cover the pan for at least 5 minutes off the heat. Stir well.

FRIDAY



### Turkey and Cheese Crescent Rolls

- Serve these easy crescent roll sandwiches with a bagged salad (or the quinoa salad bonus recipe), veggies and dip, or canned soup of your choice. If you prefer homemade soup, take a look at my [soup recipes](#) for ideas.

BONUS



### Quinoa Salad with Orange and Grapes

- This salad is easy to make and keeps well. Serve it with the turkey and cheese crescent rolls or pack it into small containers for easy grab-and-go lunches.
- If you prefer, substitute seasonal fruit, such as diced apples, sweet cherries, blackberries, etc. for the grapes.

NOTES

- The recipes in this week's meal plan are easy to prepare and take less than 45 minutes total prep and cooking time. Three of the recipes are one pan meals, which means less clean-up time.



## GROCERY LIST FOR MEAL PLAN #44

### 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

- yellow onion (3) - *M/Tu/Th*
- red onion (1) - *Bonus*
- shallots (2) - *W*
- green onions (1 bunch) - *M*
- garlic (3 cloves) - *M/Tu*
- ginger root (1) - *M*
- celery (3 stalks) - *Bonus*
- broccoli florets (6 c) - *M*
- Brussels sprouts (1 lb) - *W*
- baby kale (5 oz) - *Tu*
- baby spinach (5 oz, optional) - *Th*
- thyme (1-2 sprigs) - *W, see note*
- red grapes (2 c) - *Bonus*
- oranges (2) - *Bonus*

#### DAIRY / REFRIGERATED

- 8 oz tube refrigerated crescent rolls (1) - *F*
- sliced provolone cheese, or other variety (4-8 slices) - *F*
- deli meat of choice (8-12 slices) - *F*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- toasted sesame oil - *M*
- canola, avocado, or grapeseed oil - *M*
- sesame seeds - *M*
- paprika - *W*
- smoked paprika - *W*
- garlic powder - *W*
- onion powder - *W*

#### BREAD / PASTA / GRAINS

- rice for serving with stir-fry - *M*
- dried cheese tortellini (8 oz) - *Tu*
- bread or rolls for serving with chicken, optional - *W*
- spaghetti (16 oz) - *Th*
- quinoa (1 cup uncooked) - *Bonus*

#### PANTRY

- reduced-sodium soy sauce - *M*
- rice wine vinegar - *M*
- white wine vinegar - *Bonus*
- brown sugar - *M*
- honey - *Bonus*
- cornstarch - *M*
- Sriracha - *M*
- pesto - *Tu*

#### MEAT / FISH / PROTEIN

- 1 lb medium shrimp (peeled, deveined, tails removed, 31-40 size) - *M*
- boneless skinless chicken breasts (1 lb) - *Tu*
- bone-in, skin-on chicken thighs (2 lb) - *W*
- ground turkey (1 lb) - *Th, see note*

#### CANNED GOODS

- low-sodium chicken broth (32 oz) - *Tu*
- 1 jar (24 oz) spaghetti sauce - *Th*
- 14.5 oz can diced tomatoes (1) - *Th*

#### OTHER

- bagged salad or canned soup to go with crescent rolls - *F*
- roasted almonds or another roasted nut or seed (½ c) - *Bonus*

#### NOTES

- If desired, substitute dried thyme for fresh (*W*). You'll need ¼ teaspoon.
- If desired, substitute ground Italian sausage or ground beef for the ground turkey in the spaghetti (*Th*).

