

MONDAY



White Bean Soup with Kale and Pancetta

- If you prefer, substitute bacon or ham for the pancetta. For a meatless entree, simply omit the pancetta. The soup has lots of flavor and protein without it.
- Serve the soup with bread or crackers of your choice.

TUESDAY



Whole Chicken in the Crockpot with Potatoes

- Make an optional gravy with butter, flour, and reserved pan juices (see recipe).
- Crockpot chicken can be cooked on High for 4 hours, or 7 to 8 hours on Low.
- The potatoes, carrots, and onion are optional if you prefer to cook vegetables separately.

WEDNESDAY



Skillet Lasagna

- This recipe makes 6 to 8 servings. Invite guests or save the leftovers for an easy lunch (store the cheese topping separately).
- If you prefer, substitute pork Italian sausage for the turkey sausage.

THURSDAY



Steak Fajitas

- This recipe makes 6 servings. If you are serving 4 and don't want leftovers, buy 1 ½ pounds steak, 2 bell peppers, and fewer tortillas. Update grocery list accordingly.

FRIDAY



One Pan Mediterranean Chicken

- This easy meal can be on the table in less than 45 minutes.
- If you're not fond of capers, kalamata olives can be substituted. Pine nuts and fresh parsley are optional but I would recommend adding them.

BONUS



Fruity Pebbles Treats

- This recipe is a fun take on Rice Krispies treats.
- Desserts don't have to be complicated! These bars are super easy to make with only three ingredients. You can whip them up in 15 minutes or less (in one pan!).

NOTES

- The meals featured this week are all one pan meals!
- Cooking Quote of the Week: "The kitchen is where we create memories and share stories, one recipe at a time." — Carla Hall



GROCERY LIST FOR MEAL PLAN #52

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 onions (4) - M/Tu/W
- red onions (2) - Th/F
- red potatoes (4) - Tu
- garlic (11 cloves) - M/Tu/W/Th/F
- carrots (5) - M/Tu
- green bell pepper (1) - Th
- yellow or orange bell pepper (1) - Th
- red bell peppers (2) - Th/F
- tomatoes, any kind (¾ c diced, about 6 oz) - F
- baby kale or spinach (4 c) - M
- baby spinach (4 c) - W
- parsley (1 small bunch) - M/F
- basil (optional) - W
- lemons (2) - M/F
- limes (3) - Th

DAIRY / REFRIGERATED

- butter (6 T) - Tu/Bonus
- shredded mozzarella cheese (1 c) - W
- ricotta cheese (1 c) - W
- crumbled feta cheese (⅓ c) - F

BREAD / PASTA / GRAINS

- bread or crackers for serving with soup - M
- lasagna noodles (¾ lb) - W (see note)
- flour or corn tortillas (18) - Th
- Israeli or pearl couscous (1 cup uncooked) - F (see note)

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garlic powder - Tu
- onion powder - Tu
- paprika - Tu
- dried thyme - Tu/F
- dried rosemary - Tu
- dried basil - W
- chili powder - Th
- ground cumin - Th
- smoked paprika - Th
- dried oregano - Th/F

PANTRY

- all-purpose flour - Tu
- brown sugar - Th
- Worcestershire sauce - Th
- pine nuts (optional) - F

MEAT / FISH / PROTEIN

- diced pancetta (5 oz) - M
- whole chicken (4-5 lb) - Tu
- boneless skinless chicken breast (1 ½ lb) - F
- ground Italian sausage or raw Italian sausage links (16 - 20 oz) - W
- flank steak (2 lb) - Th

CANNED GOODS

- 15.5 oz cans cannellini beans (2) - M
- 14.5 oz can diced tomatoes (1) - M
- 14.5 oz can petite diced tomatoes (1) - W
- reduced-sodium chicken broth (52 oz) - M/Tu/F
- 25 oz jars pasta sauce (2) - W
- capers (2 T) - F

OTHER

- fajita toppings: guacamole, sour cream, shredded cheese, salsa, chopped cilantro - Th
- mini marshmallows (8 cups) - Bonus
- fruity crisp rice cereal such as Fruity Pebbles (6 c) - Bonus

NOTES

- Israeli couscous may be called pearl couscous. It looks like small balls, not tiny grains. Don't substitute golden or Moroccan couscous because it doesn't cook the same way.
- Look for regular lasagna noodles, not the oven-ready or precooked noodles (W).

