

MEAL PLAN

Below you'll find a sample schedule for this week's meals!

number of servings: 16 total



MONDAY

BEEF MEAL #1

Loaded Avocado Bacon
Burgers *with* Wedge
Sweet Potato Fries

RECIPE PAGE 108 / SERVES 4



TUESDAY

CHICKEN MEAL #1

Sun-Dried Tomato Bacon
Chicken Pasta

RECIPE PAGE 38 / SERVES 4

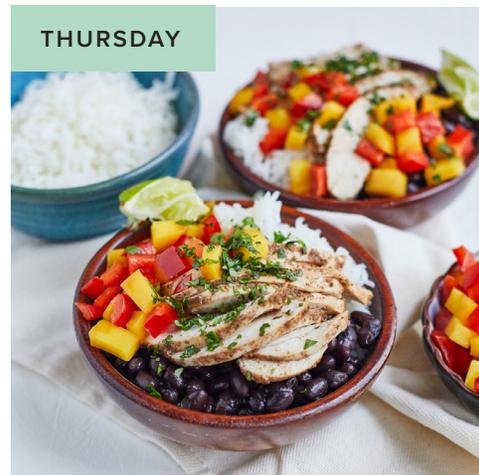


WEDNESDAY

BEEF MEAL #2

Crispy Beef Hash *with*
Simple Tzatziki

RECIPE PAGE 109 / SERVES 4



THURSDAY

CHICKEN MEAL #2

Jamaican-Inspired Bowls
with Mango Salsa *and*
White Rice

RECIPE PAGE 39 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- Avocado, 1
- Bell pepper, red, 1
- Cilantro, 1/3 bunch, for garnish
- Cucumber, 1
- Garlic, 2 cloves
- Lemon, 1
- Lettuce, 4 leaves
- Limes, 4
- Mango, large, 1
- Parsley, 8 stems
- Potatoes, baby Yukon gold, 1 pound
- Red onion, 1
- Sweet potatoes, 1 pound
- Tomatoes, 2

MEAT

- Bacon, 4 slices
- Chicken thighs, boneless skinless, 3 pounds
- Ground beef, 3 pounds

DAIRY

- Cheddar cheese, 2.96 ounces (4 slices)
- Feta cheese, crumbled, 1 ounce (1/4 cup)
- Greek yogurt, full-fat, 8 ounces (1 cup)
- Heavy cream, 2 fluid ounces (1/4 cup)
- Parmesan cheese, grated, 2 tablespoons

PANTRY

- Black beans, 1 (15-ounce) can
- Chicken broth, 4 fluid ounces (1/2 cup)
- Extra-virgin olive oil, 4 fluid ounces (1/2 cup)
- Hamburger buns, 4
- Kalamata olives, pitted, 1/2 cup
- Mayonnaise, 4.23 ounces (1/2 cup)
- Penne, dried, 12 ounces
- Soy sauce or tamari, 2 fluid ounces (1/4 cup)
- White rice, 6.35 ounces (1 cup)

SPICES

- Allspice, ground, 2 teaspoons
- Chipotle chile powder, 1 tablespoon
- Cinnamon, ground, 1/4 teaspoon
- Garlic powder, 2 1/2 teaspoons
- Nutmeg, ground, 1/4 teaspoon
- Onion powder, 1 teaspoon
- Oregano, 1 tablespoon
- Paprika, 1/2 teaspoon
- Thyme, dried, 2 teaspoons

MEAL PREP CHECKLIST

If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Bake the chicken thighs for the Sun-Dried Tomato Bacon Chicken Pasta and the Jamaican-Inspired Chicken bowls. Chop the chicken into 1/2-inch cubes, then store ½ of the chicken (about 3 cups) in an airtight container labeled Sun-Dried Tomato Bacon Chicken Pasta and the other half in a container labeled Jamaican-Inspired Bowls. Refrigerate until ready to use.
- ✓ At the same time that the chicken is baking, bake the bacon for the Sun-Dried Tomato Bacon Chicken Pasta on the lower oven rack. Crumble the bacon and store in an airtight container in the refrigerator.
- ✓ If you have enough space, you can also bake the potatoes for the Crispy Beef Hash on the lower oven rack. If not, bake the potatoes once the bacon comes out of the oven, then store them in the refrigerator in an airtight container.
- ✓ Make the rice for the Jamaican-Inspired bowls.
- ✓ Slice the sweet potato fries for the Loaded Avocado Bacon Burgers and store in an airtight container in the refrigerator.
- ✓ Form the burger patties for the Loaded Avocado Bacon Burgers, then transfer to an airtight container and refrigerate. You can place a piece of parchment paper between the layers of patties to keep them from sticking.
- ✓ Make the Simple Tzatziki for the Crispy Beef Hash. Store in the refrigerator in an airtight container.
- ✓ Chop the cucumber, tomato, and onion for the Crispy Beef Hash. Store in an airtight container (a mason jar is best for reducing the smell of the onions) in the refrigerator.
- ✓ Make the mango salsa for the Jamaican-Inspired Bowls and store in an airtight container in the refrigerator.