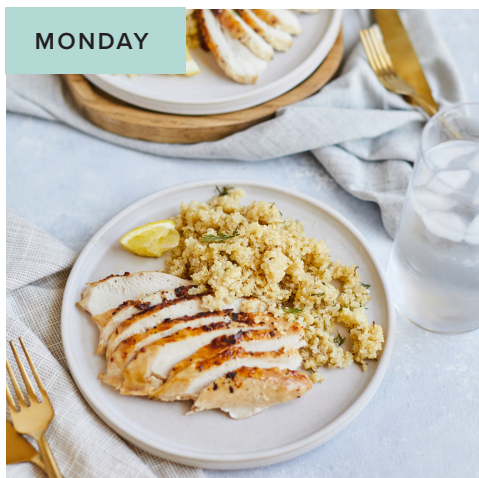


MEAL PLAN

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

number of servings: 18 total



MONDAY

TURKEY MEAL #1

Roasted Garlic Turkey
Breast *with* Lemon-Dill
Quinoa

RECIPE PAGE 74 / SERVES 4



TUESDAY

BEEF MEAL #1

Beef Enchilada Casserole

RECIPE PAGE 100 / SERVES 5



WEDNESDAY

TURKEY MEAL #2

Spiced Turkey Potato Soup

RECIPE PAGE 75 / SERVES 5



THURSDAY

BEEF MEAL #2

Teriyaki Ground Beef
Stir-Fry *with* White Rice

RECIPE PAGE 101 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- ☐ Avocado, 1
- ☐ Bell pepper, yellow, 1
- ☐ Broccoli florets, 4 cups
(or about 1 large head)
- ☐ Carrots, shredded, 2 cups
(or about 6 carrots, shredded)
- ☐ Celery, 4 stalks
- ☐ Chives, 0.75 ounces
- ☐ Cilantro, 8 stems
- ☐ Dill, 0.75 ounces
- ☐ Garlic, 6 cloves
- ☐ Lemons, 5
- ☐ Mushrooms, 8 ounces
- ☐ Onion, red, ½
- ☐ Onion, white, ½
- ☐ Potatoes, Yukon Gold, 1 ½ pounds

MEAT

- ☐ Bratwurst, 1 pound
- ☐ Ground beef, 3 pounds
- ☐ Turkey breast, bone-in split breast,
2 (about 2 pounds each)

DAIRY

- ☐ Butter, salted, 1.98 ounces
(4 tablespoons)
- ☐ Cheese, shredded, 11.85 ounces
(3 cups)
- ☐ Sour cream, 2.13 ounces (¼ cup)

PANTRY

- ☐ Broth, beef, 8 fluid ounces (1 cup)
- ☐ Coconut aminos, 8 fluid ounces (1 cup)
- ☐ Enchilada sauce, 1 (15-ounce) can
- ☐ Mustard, Dijon, 2.11 ounces (¼ cup)
- ☐ Olive oil, extra-virgin, 1.5 fluid ounces
(3 tablespoons)
- ☐ Quinoa, white, 6.35 ounces (1 cup)
- ☐ Rice, white, 6.35 ounces (1 cup)
- ☐ Sesame oil, toasted, 1 teaspoon
- ☐ Tortillas, corn, 12

SPICES

- ☐ Garlic powder, ½ teaspoon
- ☐ Ginger, ground, 1 teaspoon
- ☐ Onion powder, ½ teaspoon
- ☐ Oregano, dried, 1 teaspoon
- ☐ Sesame seeds, 1 tablespoon
- ☐ Thyme, dried, 1 tablespoon

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.

- ✓ Cook the ground beef for the Beef Enchilada Casserole and the Teriyaki Ground Beef Stir-Fry. Once cooked, let cool slightly, then transfer half of the beef (about 3 ½ cups) to an airtight container and transfer to the refrigerator to use for the Teriyaki Ground Beef Stir-Fry.
- ✓ Cook the white rice for the Teriyaki Ground Beef Stir Fry. Transfer to an airtight container, then refrigerate.
- ✓ Make the quinoa to go alongside the Roasted Garlic Turkey Breast, then store in an airtight container in the refrigerator.
- ✓ Assemble the Beef Enchilada Casserole. Cover the dish, then store in the refrigerator.
- ✓ Cook the bratwurst for the Spiced Turkey Potato Soup and store in an airtight container in the refrigerator.
- ✓ Dice the celery, onions, potatoes, and mince the garlic for the Spiced Turkey Potato Soup. Store in an airtight container in the refrigerator. Note: the potatoes will brown slightly once diced but will still taste fine! If you'd like, you can wait until the day-of to dice them.
- ✓ Make the teriyaki sauce for the Teriyaki Ground Beef Stir Fry by following step 2 in the recipe. Let cool slightly, then transfer to an airtight container and store in the refrigerator.
- ✓ Chop or slice the vegetables for the Teriyaki Ground Beef Stir Fry. Store in an airtight container in the refrigerator.
- ✓ Prepare the Roasted Garlic Turkey Breast for roasting. Pat the turkey breasts dry with a paper towel, then massage them with garlic butter over the entire surface of both turkey breasts. Place the turkey skin side up in a baking pan or roasting pan, then season with salt and pepper. Cover and refrigerate.