

Week 72 Meal Plan



Monday



Zucchini Lasagna

Tuesday



Crock Pot Turkey Bolognese

Wednesday



Creamy Lemon Garlic Chicken

Thursday



Manicotti

Friday

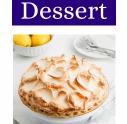


Ground **Chicken Burgers**

Breakfast



Chorizo Breakfast Lemon Meringue **Burrito**



Pie

Shopping List

PROTEIN 1 lb. ground beef 11 large eggs 2 lbs. ground turkey 4 boneless, skinless chicken breasts 1 lb. ground chicken 8 oz. Mexican chorizo 5 large egg yolks 5 large egg whites **BAKERY** 4 hamburger buns ☐ 4 large flour tortillas

pre-made pie crust

PRODUCE	<u>SE</u>
1 1/2 onion	7
1 tbsp. & 6 tsp. minced garlic	3
📘 1 tbsp. fresh basil	
4 medium zucchinis	
2 carrots	
3 large zucchinis	DAI
2 lemons	DAI
📘 1 tbsp. fresh parsley	2
1 cup spinach	<u> </u>
1/4 cup finely chopped onion	P
2 Russet potatoes	5
1/2 cup fresh lemon juice	m
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<u>SEASONING</u>
☐ 7 1/8 tsp. salt
3 1/2 tsp. black pepper
1 tbsp. & 2 tsp. Italian season
1 tsp. dried thyme
1/2 tsp. cream of tartar
DAIRY
DAIRI
🗌 2 15 oz. ricotta cheese
☐ 1/2 cup shredded
Parmagiano Reggiano
☐ 5 cups shredded
mozzarella cheese
🔲 6 tbsp. butter
☐1 cup parmesan cheese
☐ 1/2 cup heavy cream
☐1 cup grated
parmesan cheese
☐1 cup shredded
cheddar cheese

1 cup Monterey Jack cheese

PANTRY STAPLES 2 tbsp. & 1 tsp. olive oil 1 1/2 cup chicken broth 1/3 cup & 2 tbsp. cornstarch 8 oz. manicotti shells 1/2 cup panko breadcrumbs 1 tbsp. Worcestershire sauce 11/2 cup granulated sugar 1 1/4 cup water **CANNED GOODS** ☐ 1 28-oz. can crushed tomatoes

2 15-oz. cans crushed tomatoes

□ 1 15-oz. can tomato sauce

16 oz. marinara sauce

🔲 1 cup salsa