

# 10-Day Meal Plan:

*\*This meal plan is meant to last approximately 10 days, depending on the size of your family. You may be able to stretch it to 2 weeks! Besides dinners, I'm including a few breakfast ideas, a few lunch ideas, and a snack.*

## **DAY 1:**

BREAKFAST: Fried Egg on Toast With Shredded Cheese

LUNCH: Tortilla Deli Meat Wraps

DINNER: Asian Lettuce Boats

**EVENING** - Make Mixed Berry Overnight Oats

## **DAY 2:**

BREAKFAST: Mixed Berry Overnight Oats

LUNCH: Leftover Asian Boats

DINNER: Chicken Sunday Soup With French Bread

## **DAY 3:**

BREAKFAST: Mixed Berry Overnight Oats

LUNCH: Leftover Soup

DINNER: Chickpea Stew Over Brown Rice

## **DAY 4:**

BREAKFAST: Mixed Berry Overnight Oats

LUNCH: Leftover Soup

DINNER: Leftover Chickpea Stew Over Brown Rice

## **DAY 5:**

BREAKFAST: Mixed Berry Overnight Oats

LUNCH: "Clean Out the Fridge" - Leftovers Lunch

DINNER: Chicken Drumsticks With Broccoli

## **DAY 6:**

BREAKFAST: Omelets (Using Shredded Cheese) & Bacon

LUNCH: Leftover Chicken Drumsticks

DINNER: Taco Rice Casserole With Berries

## **DAY 7:**

BREAKFAST: Omelets (Using Shredded Cheese) & Bacon

LUNCH: Avocado Tuna Salad

DINNER: Leftover Taco Rice Casserole

**EVENING** - Make Energy Balls if you haven't yet

## **DAY 8:**

BREAKFAST: Individual Greek Yogurt Cups & Energy Balls

LUNCH: Muffin Tin Lunch

DINNER: Sausage & Veggies Sheet Pan Meal

## **DAY 9:**

BREAKFAST: Individual Greek Yogurt Cups & Energy Balls

LUNCH: Muffin Tin Lunch

DINNER: Leftover Sheet Pan Meal

## **DAY 10:**

BREAKFAST: Individual Greek Yogurt Cups & Energy Balls

LUNCH: Muffin Tin Lunch

DINNER: "Clean Out the Fridge" - Leftovers Night

# Grocery List:

*\*This shopping list assumes you have most pantry basics, but I'm also including a list of basic ingredients you'll need after this shopping list, so you can double check!*

## **PRODUCE:**

- Lettuce or spinach (for wraps)
- Cherry tomatoes
- 1 medium tomato
- Carrots (larger bag - for several recipes)
- Scallions
- Minced ginger (I buy it in an easy squeezable container)
- Romaine hearts or leaf lettuce (for boats)
- Celery
- Strawberries
- Blueberries
- 3 white onions
- Red onion
- 1 red bell pepper
- 2 avocados
- Snap peas
- Bag of broccoli florets
- 1-2 lbs. baby potatoes

## **CANNED FOOD/PANTRY ITEMS:**

- 2 cans chickpeas/garbanzo beans
- 1 can diced tomatoes with green chiles (Rotel) - Mild if possible
- 1 can creamed corn
- 1 can evaporated milk (NOT sweetened condensed)
- Tomato paste
- 2 cans tuna
- 1 can black beans
- Fine egg noodles (sometimes these are called "kluski" noodles)
- Brown rice (I like brown Minute Rice)
- Minute Rice or white rice
- Creamy peanut butter (1.5 c.)
- 1 c. honey
- Whole wheat tortillas
- Mini chocolate chips (1.5 c.)
- Sweetened coconut flakes (3 c.)
- Taco seasoning
- Honey Mustard Dressing
- Baby dill pickles
- Cashew pieces
- Crackers
- Organic old-fashioned or rolled oats
- Organic steel-cut oats
- Ground flaxseed (1.5 c. - I prefer golden)

*(Grocery List continued on next page)*

**BAKERY:**

- Loaf of bread (whole wheat if possible)
- French bread

**MEAT:**

- Deli ham or turkey
- Cooked brats
- Ground pork (2 lbs.)
- Chicken drumsticks (about 10)
- Bacon
- Summer sausage
- Rotisserie chicken (or chicken to cook and chop up)

**DAIRY/REFRIGERATED:**

- Eggs (about 2 dozen)
- Shredded cheddar (2 c. + 1.5 c.)
- Sliced provolone cheese
- Almond milk (vanilla or plain)
- Large block of cheddar cheese
- Small Greek yogurt cups
- 32 oz. Greek yogurt (honey vanilla flavor or similar)

**FROZEN:**

- Frozen broccoli
- Frozen corn (1 c.)

# Grocery List:

## TO DOUBLE CHECK!

- Mayonnaise
- Dijon mustard
- Minced garlic
- Soy sauce
- Sesame oil
- Brown sugar
- 2 cans chicken broth (or a couple teaspoons of Better Than Bouillon concentrate)
- Vegetable broth (or just some extra chicken broth)
- Italian seasoning
- Dried parsley
- Vanilla extract
- Cinnamon
- Dried basil
- Dried oregano
- Garlic powder
- Onion powder
- Paprika
- Dried/ground thyme
- Ground cayenne pepper
- Butter (at least 5 Tablespoons)
- Dried dill weed