



HOW TO

MEAL PLAN

healthy + easy

WEEKNIGHT

DINNERS

RECIPES | PREP GUIDE | GROCERY LIST

weeknight dinner
MEAL PLAN

<i>SUN</i>	CROCKPOT COCONUT CURRY CHICKEN
<i>MON</i>	ONE PAN ROASTED CHICKEN + VEGGIES
<i>TUE</i>	BLACKENED SALMON TACOS
<i>WED</i>	LEFTOVERS
<i>THU</i>	BREAKFAST BOWLS
<i>FRI</i>	HOMEMADE PIZZA
<i>SAT</i>	LEFTOVERS / EAT OUT

NOURISH **MOVE** LOVE

GROCERY LIST

Note: this meal plan feeds my family of 3 (2 adults with big appetites + 1 toddler). If you have a larger family increase ingredients/groceries as needed.

MEAT + DAIRY

- 2 CHICKEN BREASTS
*** Double if making extra batch of crockpot coconut curry chicken*
- 1 LB BONELESS SKINLESS CHICKEN THIGHS
- (2) 6 OZ BONELESS SALMON FILLETS
- 6 ORGANIC CAGE-FREE EGGS
- 12-OZ TURKEY SAUSAGE
*** Optional if you want to add sausage to breakfast bowls*
- 12-OZ ITALIAN SAUSAGE
*** Optional if you want to add sausage to homemade pizza*
- 1-OZ CRUMBLLED COTIJA CHEESE
- 1 CUP SHREDDED MOZZARELLA CHEESE

PANTRY/GRAINS

- (1) 15-OZ CAN SWEET CORN
- (1) 15-OZ CAN BLACK BEANS
- (1) 15-OZ CAN FULL-FAT COCONUT MILK
- 6-OZ PIZZA SAUCE
- 2 CUPS BROWN RICE
- (6) 6-INCH CORN OR WHOLE WHEAT TORTILLAS
- (1) WHOLE WHEAT OR GRAIN-FREE PIZZA CRUST DOUGH OR FROZEN PIZZA CRUST
- TORTILLA CHIPS
*** optional for salmon tacos*

VEGGIES/PRODUCE

- 8-10 BELL PEPPERS
*** Add additional 1-2 peppers if making extra batch of crockpot coconut curry chicken*
 - 2 ZUCCHINIS
 - 1 RED ONION
 - 6-8 MEDIUM CARROTS
 - 12 OZ GREEN BEANS
 - 12 OZ BRUSSELS SPROUTS
 - 12 OZ BABY POTATOES
*** May sub chopped sweet potatoes or squash*
 - 2 SWEET POTATOES
 - 2 AVOCADOS
 - 1 BUNCH CILANTRO
 - 1 BUNCH FRESH BASIL
 - 2-3 LIMES
 - 1 JALAPEÑO
*** optional for salmon tacos + pizza*
 - FROZEN SPINACH
*** optional for breakfast bowls + pizza*
 - 1/2 CUP BABY BELLA MUSHROOMS
*** optional for pizza*
- ## SAUCES/SPICES/OILS
- 3 TBSP GREEN CURRY PASTE
 - CHILI POWDER
 - DRIED OREGANO
 - MINCED GARLIC
 - AVOCADO OIL OR SPRAY OIL OF CHOICE
 - COCONUT OIL
 - TACO SEASONING

PREP GUIDE

DAY 1: SUNDAY *CROCKPOT COCONUT CURRY CHICKEN*

1. Prep + Chop Peppers + Zucchini for Crockpot Coconut Curry Chicken + Blackened Salmon Tacos. You won't be making the salmon tacos until later in the week, but I like to chop peppers in bulk when I can. Store the pre-chopped peppers in a produce saver container or in a ziplock bag with paper towels to keep fresh.

2. Batch Cook Brown Rice for Crockpot Coconut Curry Chicken + Blackened Salmon Tacos. Again, you won't be making the salmon tacos until later in the week, but bulk cooking rice makes life easier. Store the pre-cooked rice in a glass, airtight container in the fridge. The other option is to use frozen, steam in a bag brown rice.

3. Option to pre-chop veggies (carrots, green beans + potatoes/squash/sweet potatoes) if needed for Monday night's One Pan Roasted Chicken + Veggies.

If you can buy pre-chopped veggies great! But if not, I like to prep + chop my Monday night dinner veggies on Sunday, because Mondays are always my busiest days of the week. Store the pre-chopped veggies in a produce saver container or in a ziplock bag with paper towels to keep fresh.

4. If making a double batch of Crockpot Coconut Curry Chicken on Sunday, store the leftovers in an airtight, glass container in the freezer.

DAY 2: MONDAY *ONE PAN CHICKEN + VEGGIES*

1. Chop veggies (carrots, green beans + potatoes/squash/sweet potatoes) for Monday night's One Pan Roasted Chicken + Veggies (unless you bought pre-chopped, then skip this step!). If desired, chop extra veggies for additional sheet pan of meal prep roasted veggies .

2. After using what is needed for tonight's recipe, store extra roasted veggies in airtight glass container in the fridge. They usually stay good for 2-3 days. I like to use these leftover veggies to top salads for lunch throughout the week!

PREP GUIDE

DAY 3: TUESDAY *BLACKENED SALMON TACOS*

1. Chop peppers for Blackened Salmon Tacos if you did not already chop extra peppers on Sunday night. If you did pre-chop peppers on Sunday, lucky you! Grab those pre-chopped peppers + pre-cooked brown rice (from Sunday prep!) and throw together an easy weeknight dinner!

DAY 4: WEDNESDAY *LEFTOVERS OR EAT OUT*

You're half way through the week! Celebrate with an easy dinner night -- pull out leftovers from Sunday, Monday or Tuesday night dinners or eat out tonight!

DAY 5: THURSDAY *BREAKFAST BOWLS FOR DINNER*

1. Prep + chop peppers + veggies (Brussels sprouts, zucchini, potatoes, sweet potatoes) for Breakfast Bowls for Dinner. Option to also chop extra peppers for Friday night's Homemade Pizzas. Store the pre-chopped peppers in a produce saver container or in a ziplock bag with paper towels to keep fresh.

2. If making breakfast sausage for breakfast bowls, you have the option to also brown the Italian Sausage for for tomorrow night's Homemade Pizzas, depending on what type of sausage you buy. If I buy ground sausage I'll do this, but if I buy pre-cooked sausage (like I did for this video) then I'll just add it to the pizza on Friday night.

DAY 6: FRIDAY *HOMEMADE PIZZA*

You're officially done prepping! Dinner tonight should come together quickly thanks to prep work you did earlier in the week. You'll be eating leftovers or eating out tomorrow night, so no prep needed there either! Congratulations, you made it!