



# Easy Weeknight Dinners Meal Plan



MONDAY



GERMAN SPAGHETTI

TUESDAY



BAKED CHICKEN

WEDNESDAY



SWEDISH MEATBALLS

THURSDAY



LEFTOVER BRAT PASTA

FRIDAY



EASY POT ROAST

BONUS



HOMEMADE GRANOLA

## Meal Prep Tips

Make dinners faster, stress-free, and always ready when you need them.

- ❑ Save time: Chop onions, garlic & herbs on prep day.
- ❑ Stress less: Pre-cook or freeze proteins for faster dinners.
- ❑ Stay ready: Cook extra pasta & keep broth, tomatoes, and spices stocked.

## Shopping List

### Condiments & Seasonings

- ❑ dried oregano - 1 1/2 tsp
- ❑ ground black pepper - 1 1/2 tsp
- ❑ ground nutmeg (1/4 tsp)
- ❑ kosher salt - 2 tbsp
- ❑ dried rosemary - 1/4 tsp
- ❑ dried thyme - 1/2 tsp

### Meat & Seafood

- ❑ beef chuck roast - 4 lbs
- ❑ bratwurst sausage - 4 links
- ❑ chicken, boneless skinless - 1 lb
- ❑ ground beef - 2 lbs

### Dairy & Eggs

- ❑ butter - 1/2 cup (1 stick + 3 tbsp)
- ❑ eggs - 2 large
- ❑ heavy cream - 2 cups (1 pint)
- ❑ parmesan cheese - 2 cups grated

### Produce

- ❑ celery - 1/2 cup diced
- ❑ fresh parsley - 2 tbsp
- ❑ garlic - 1 tbsp, minced
- ❑ green onion - 1/4 cup, chopped
- ❑ lemon juice - 1/4 cup
- ❑ onion - 3 medium

### Pantry Staples

- ❑ all-purpose flour - 1/4 cup
- ❑ beef broth - 5 cups
- ❑ bread crumbs - 1/2 cup
- ❑ canned diced tomatoes - 14 oz
- ❑ canola oil - about 1 cup
- ❑ egg noodles - 4 cups
- ❑ honey - 1/4 cup
- ❑ oat bran - 1/4 cup
- ❑ olive oil - 1/2 cup
- ❑ pasta (spaghetti, rotini) - 2 lb
- ❑ raisins - 1 cup
- ❑ rolled oats - 4 cups
- ❑ sesame seeds - 1/4 cup