

Make Ahead Menu Plan {March 18<sup>th</sup>}

Breakfast

[Chicken Sausage and Egg Breakfast Cups](#)

Lunch

[Mason Jar Salads](#)

Dinner

[Tacos](#)

[Linguine and Red Clam Sauce](#)

[BLT with Avocado](#) wraps

[Leftover Taco Pizza](#)

[Bacon Cheeseburgers](#) with Sweet Potato Fries (store bought)

## **Grocery List**

### *Produce*

Grape tomatoes

Cucumbers

Baby spinach

Romaine lettuce

Avocado

2 roma tomatoes

garlic

### *Bread*

Lavish bread wraps

Whole wheat burger buns

Whole wheat English muffins

### *Meat*

1lb ground beef

4 hamburger patties

1lb chicken sausage

2lbs bacon

Rotisserie chicken

### *Specialty*

Crumbly blue

### *Dairy*

12 eggs

¼ milk

Shredded cheddar (for egg cups and cheeseburgers)

Taco cheese

### *Nature*

Taco shells

### *Dry/Canned*

Whole wheat linguini

Taco sauce

Taco seasoning

2 cans canned clams

2 14.5 ounces diced tomatoes

Newman's Own Raspberry Vinaigrette

### *Frozen*

Sweet potato fries

Pizza dough

## Make Ahead Menu Plan

This week's menu plan is very easy to prepare ahead of time. Actually, I would call it the menu plan for those of us that know we need to menu plan but have no desire to do so. If that is you this weekend, then this menu plan is for you.

Let's get started.

First thing to get started is the pizza dough in the bread machine if you are making it. If you are purchasing it then skip this step.

Next are the egg breakfast cups. Turn the oven on and while that is warming up cook the sausage. Let the sausage cool slightly then mix with other ingredients and stick it in the oven. While that is cooking start the taco meat and clam sauce. Both are very easy to make and you may want to make double batches or more so you have extra to stock the freezer with.

After the egg cups, taco meat, and clam sauce are done and cooled wrap and/or place into containers and freeze. Keep 1 – 1 ½ cups of taco meat in a separate container for the leftover taco pizza. Also, I freeze English muffins alongside the egg cups because that is what I eat them with.

The pizza dough may still be going at this time. However, if it is done then stick into a freezer bag then freeze.

Shred chicken, chop vegetables, and put together the mason jar salads.

The rest of the meals (bacon, burgers, and fries) can be made the night of.

That's it! See, I told you it was easy.