

Menu Plan

Breakfast

[Egg, Sausage, and Cheese Breakfast Burritos](#)

Mid-morning snack

1 ounce cheese

Lunch

[Big Skinny Greek Salads](#) (made into [mason jar salads](#))

Leftovers

Greek Yogurt

Apple

Afternoon Snack

Bell peppers and hummus or ¼ raw almonds

Dinner

[Turkey Fried Rice](#) (you can use chicken or turkey – I am using chicken)

[Meatball Subs](#) (you can use beef or turkey – I am using beef)

[Black Bean and Rice Quesadillas](#)

[Grilled Cheese Burger Wraps](#)

[Greek Pizza](#)

Grocery list

Produce

1 packages Romaine hearts
Baby spinach
Mini cucumbers
2 Red onion
White onion
Bell peppers for snacking + 1 green pepper
½ cup baby carrots (use rest for snacks)
6 scallions
garlic
Bell peppers
2 roma tomatoes

Bread

Pitas
Tortillas
Whole wheat hotdog buns
Wraps

Meat

1lb ground breakfast sausage

1lb ground chicken

2lb ground beef

Rotisserie chicken

Deli

Sharp American cheese

Nature/organic

Chicken broth

Spaghetti sauce

1 cup salsa

Black beans

Dairy

12 eggs + 2 +1

¾ cup milk

1 cup taco cheese

Block cheddar

Feta cheese

Mozzarella

Greek yogurt

Hummus

Pizza dough

Bulk

Quick cooking oats

Dried/canned

Stewed tomatoes

Artichoke hearts

Calamata olives

Bread crumbs

5 cups cooked brown rice

Ketchup

Worcester sauce

Teriyaki sauce

Baking/spices

Ground coriander

Peanut oil

Dried basil

Dried oregano

Ground pepper

Garlic salt

Dried onion flakes

Frozen

peas

Make Ahead Instructions

This week's menu plan is relatively simple to prepare ahead of time and would make a good menu for those of you just starting out.

Let's get started.

Two recipes this week call for cooked brown rice – the chicken fried rice specifically calls for 1 day old rice so cook the rice a day or two before you do anything else. If you have a rice cooker – which I highly recommend you do- this is very easy to do. If not then you will need to cook it the old fashion way.

Moving onto the next day...

If you did not purchase premade pizza dough then assemble and start the ingredients for the pizza dough. Place in bread machine. When it is done (about 2 hours) place in freezer bag and freeze.

Next start the breakfast burritos. Most likely, you will be prepping your menu in the morning and at some point family members will want to eat so it will be helpful to have those going.

While the sausage is cooking for the burritos – which usually takes about 7-10 minutes – turn the oven on and start prepping the ground beef for the meatballs. Cook the meatballs. They only take around 15 minutes. As the meatballs are cooking continue putting the burrito filling together. After the filling is done set aside for about 15 minutes to cool.

By this time the meatballs should be done. Set them aside also for about 15 minutes to let cool.

While these items are cooling start the ground beef filling for cheeseburger wraps. This filling only takes about 15 minutes or so to prepare. After it is done set aside to cool.

As the cheeseburger filling cools place the meatballs in a plastic bag then fill, wrap, and freeze burritos. I recommend freezing a bag of shredded mozzarella alongside the meatballs just to make sure you have what you need the night you eat these.

Next place ground beef for cheeseburger wraps into a freezer container or bag and freeze. You should also freeze this along with tortillas/wraps to make sure you have them when ready to eat. The rest of the ingredients (cheese, lettuce, and condiments) will stay in the refrigerator.

Do a quick clean up.

Prepare the filling for black bean and rice quesadillas. While that is cooking shred rotisserie chicken for the greek salads. Put the chicken in the refrigerator for now.

After the quesadilla filling is done let it cool then store in freezer container or bag and freeze. Again, freeze the tortillas alongside this filling to make sure you have them the night of.

Now start the chicken fried rice. I usually make this on its own because it does take multiple steps and some paying attention to. However, you can cook this recipe in its entirety and freeze so when you want

to eat it during the week all you have to do is warm it up. After it is prepared, place into freezer bags or containers, and freeze.

At this point breakfast and dinner is done.

Clean up real quick.

Now let's quickly put together the greek salads. I will make these into mason jar salads. To do this I will layer starting with dressing then cucumbers, onions, chicken, cheese, and lettuce. Pitas will be kept on the side. If you choose to put into other containers then just leave the dressing out. Store the salads in the refrigerator.

Almost done.

Last thing to do is prep snacks. Cut up the cheese and vegetables, place in containers, and store in the refrigerator.

All done!