

WEEKNIGHT DINNER PLAN

To serve 4 people

- DINNER 1 **One Pot Taco Pasta**
- DINNER 2 **Tomato Pesto Chicken and Green Beans**
- DINNER 3 **Creamy Tomato Soup and Grilled Cheese**
- LEFTOVERS **Leftover pasta or soup with simple salads**
- BACK-UP **Butternut Squash Mac and Cheese and Broccoli**

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WEEKEND PREP PLAN:

D1: Dice bell peppers and onions and store them (together is fine) tightly covered in the fridge until ready to cook.

D2: Wash and trim green beans. Store covered in the fridge.

D3: Peel and chop the butternut squash and chop the onion. Store them (together is fine) tightly covered in the fridge until ready to cook.

Optional: Prep salad ingredients.

SHOPPING LIST

PRODUCE:

- 2 bell peppers, any color (D1)
- 1 large red or white onion (D1, D3)
- Garlic (D1, D3)
- Cilantro (D1)
- 1 lb green beans (D2)
- 1 small butternut squash (D3)
- Salad fixings (L)

GROCERY:

- 1 oz taco seasoning packet (D1)
- 1 quart beef broth (D1)
- 1 jar salsa (D1)
- 8 oz whole grain rotini pasta (D1)
- 14.5 oz can fire-roasted tomatoes (D2)
- Jarred pesto (D2)
- 28 oz can diced tomatoes (D3)
- 14.5 oz can vegetable broth (D3)
- Hearty multigrain bread (D3)

DAIRY/DELI:

- Shredded Mexican-style cheese (D1)
- Sliced American or cheddar (D3)

MEAT/POULTRY:

- 1 lb lean ground beef (D1)
- 1 lb boneless skinless chicken breasts (D2)

PANTRY:

- Olive oil
- Dried basil
- Salt
- Pepper

BACK-UP RECIPE:

- 1 lb macaroni or small shell pasta
- 14 oz can butternut squash soup
- 8 oz shredded extra sharp cheddar
- 10 oz steam-in-bag frozen broccoli