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Weekly Meal Plans

<b>THIS WEEK'S MENU</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
	Healthy Chicken Alfredo	Ground Turkey & Potatoes	Healthy Broccoli Cheese Soup
<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
One Pan Chicken & Veggies	Slow Cooker Balsamic Pot Roast	Eating Out or Leftovers	Fish Tacos

# MONDAY

## Healthy Chicken Alfredo

Servings: 6

Prep Time: 5 mins

Cook Time: 25 mins

Total Time: 30 mins

### INGREDIENTS

- 1.5 lbs chicken breasts or thighs, cubed
- 11 oz whole wheat or gluten free fettuccine, linguine or spaghetti
- 1 tbsp oil
- 1 cup broth, low sodium
- 2 cups cold 2% or 3.25% milk
- 2 tbsp cornstarch
- 1 1/2 tsp salt
- Ground black pepper, to taste
- 1/2 cup Parmesan cheese, grated
- 1 garlic clove, grated
- 3 cups frozen peas, broccoli or chopped spinach
- 2 tbsp parsley, for garnish



### INSTRUCTIONS

1. Fill large pot with water and bring it to a boil.
2. In a medium bowl, add cold broth, milk, cornstarch, 1/2 tsp salt and whisk with a fork. Set aside.
3. In the meanwhile, preheat large deep ceramic non-stick skillet on medium heat and swirl oil to coat.
4. Sprinkle chicken with a bit of salt and pepper, add to a skillet and cook for 10 minutes, stirring occasionally.
5. While chicken is cooking, add 1 tsp of salt and pasta to boiling water. Cook for 7 minutes until pasta is al dente, stirring a few times to make sure noodles do not stick.
6. Give cornstarch mixture a whisk and add it to the skillet. Stir, bring to a boil and cook for 2 minutes or until bubbly and thickened.
7. Add Parmesan cheese, garlic & stir until cheese has melted.
8. Using tongs, transfer noodles directly from the pot to the skillet. No need to drain in a colander. Grab a bunch at a time, hold right above the pot for a few seconds and add to the skillet.
9. Stir and add peas, broccoli or spinach. Let chicken alfredo warm through for a minute.
10. Turn off the heat and garnish with parsley and black pepper. Serve hot.

### Nutrition Facts

Serves 6

Amount Per Serving

Calories 454

% Daily Value\*

Total Fat 11.9g 15%

Saturated Fat 3.8g

Trans Fat 0g

Cholesterol 115.4mg 38%

Sodium 507.7mg 22%

Total Carbohydrate 51.9g 19%

Dietary Fiber 7.8g 28%

Sugars 6.9g

Protein 36.8g 74%

# THURSDAY

## One Pan Chicken and Veggies

Servings: 6

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

### INGREDIENTS

- 3.5 lbs firm mixed veggies, cut into 1" pieces
- 2 large boneless chicken breasts, cut into 1" pieces
- 1/4 cup olive oil, extra virgin
- 2 tsp garlic powder
- 2 tsp smoked paprika
- 1/2 tsp salt
- Ground black pepper, to taste
- 1 cup corn, frozen
- 1 lime, juice of
- 1/4 cup cilantro, chopped

### INSTRUCTIONS

1. Preheat oven to 425 degrees F and line 2 large baking sheets with unbleached parchment paper or silicone mats.
2. Add mixed vegetables and chicken, dividing between 2 pans. Drizzle with oil and sprinkle with spices. Stir well to mix with spatula.
3. Bake for 25 minutes.
4. Remove from the oven, add corn and stir. Drizzle with lime juice and sprinkle with cilantro. Serve warm.



### Nutrition Facts

Serving Size 2 cups  
Serves 6

#### Amount Per Serving

**Calories** 374

% Daily Value\*

**Total Fat** 12.1g **19%**

Saturated Fat 1.9g

Trans Fat 0g

**Cholesterol** 55.2mg **18%**

**Sodium** 335.5mg **14%**

**Total Carbohydrate** 45.8g **15%**

Dietary Fiber 9g **36%**

Sugars 11.9g

**Protein** 23.6g **47%**

# SHOPPING LIST

MEAT	
QTY	ITEM
1.5 lbs	Chicken breasts or thighs
1 lb	Ground turkey, lean
2	Boneless chicken breasts, large
2 lbs	Rump (chuck or round) roast
1 lb	Firm white fish
DRY GOODS	
QTY	ITEM
11 oz	Whole wheat or gluten free fettucine, linguine or spaghetti
1/2 cup	Flour
9	Corn tortillas
CANS/SAUCES	
QTY	ITEM
6 cups	Broth, low sodium
1/4 cup	Mayo

PRODUCE	
QTY	ITEM
12	Garlic cloves
2 tbsp	Parsley
4 cups	Broccolini or broccoli
1	Lemon
2	Onion
4 lbs	Baby potatoes
2	Green onion sprigs
5 cups	Butternut squash
3 cups	Potatoes (~2 large)
5 cups	Broccoli
2	lime
1/4 cup	Cilantro
	<b>Fish Taco Toppings:</b> Red onion, tomato, cabbage, cilantro, avocado
3.5 lbs	Firm mixed veggies such as: sweet potatoes, butternut squash, red onion, Brussels sprout, mushroom, bell pepper, broccoli, cauliflower

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DAIRY/FROZEN	
QTY	ITEM
5 cups	Milk (2% or 3.25%)
1/2 cup	Parmesan cheese
3 cups	Frozen peas, broccoli or chopped spinach
2 tbsp	Butter
5 oz	Sharp cheese (like cheddar)
1 cup	Corn, frozen
1/2 cup	Plain yogurt, 2%+ fat

SPICES/OILS	
QTY	ITEM
1 tbsp	Oil
2 tbsp + 1 tsp	Cornstarch
5 tsp	Salt
	Ground black pepper, to taste
4 tbsp	Avocado or coconut oil
3 tbsp	Soy sauce
1/4 cup	Olive oil
3 tsp	Garlic powder
2 tsp	Smoked paprika
1/3 cup	Balsamic vinegar
2 tbsp	Raw honey or maple syrup
1 tbsp	Dijon mustard
1/2 tsp	Taco seasoning
Pinch	Cayenne