



# DINNER RECIPES BY TYPE

Pick a recipe you are in the mood for and click!!

## Meatless Night

- [VEGGIE CURRY](#)
- [SPAGHETTI AGLIO E OLIO](#)
- [EASY CHANA MASALA](#)
- [MEXICAN LETTUCE WRAPS](#)
- [KOREAN NOODLES](#)
- [BAKED CAPRESE SPAGHETTI SQUASH](#)
- [4 BEAN CHILI](#)

## Pasta Night

- [SPAGHETTI CARBONARA](#)
- [EASY MEAT LASAGANA](#)
- [SPICY ONE POT PASTA](#)
- [BUFFALO CHICKEN PASTA](#)
- [BAKED ZITI](#)
- [BAKED FETA PASTA](#)
- [LEMON RICOTTA & SPINACH PASTA](#)

## Soup Night

- [ZUPPA TOSCANA](#)
- [ROASTED SWEET POTATO CHIPOTLE SOUP](#)
- [EASY MINESTRONE](#)
- [CHICKEN TORTILLA SOUP](#)
- [SPICY SAUSAGE & KALE SOUP](#)
- [MEXICAN GREEN CHILE STEAK SOUP](#)
- [VEGETABLE BEEF SOUP](#)

## Stir Fry Night

- [SPICY GINGER CHICKEN STIR FRY](#)
- [CASHEW CHICKEN](#)
- [GARLIC SRIRACHA SHRIMP & BROCCOLI](#)
- [SPICY PINEAPPLE SHRIMP FRIED RICE](#)
- [MONGOLIAN BEEF](#)
- [KUNG PAO CHICKEN](#)
- [SOUTHWESTERN STEAK STIR FRY](#)

## Sandwich Night

- [TRIPLE GRILLED CHEESE GUACAMOLE BACON SANDWICH](#)
- [SLOW COOKER BBQ BEEF SANDWICHES](#)
- [BROOKLYN AVENUE SANDWICH](#)
- [SOUTHWESTERN SUB SANDWICH](#)
- [FRENCH ONION GRILLED CHEESE](#)

## Breakfast Night

- [EASY SHAKSHUKA](#)
- [FRITTATAS](#)
- [QUICHE LORRAINE](#)
- [HUEVOS RANCHEROS](#)
- [BREAKFAST GRILLED CHEESE SANDWICH](#)
- [JALAPENO HAM HASH](#)
- [STRAWBERRY STUFFED FRENCH TOAST](#)

## Sheet Pan Night

- [MAPLE MUSTARD SALMON, POTATOES & CARROTS](#)
- [CHICKEN FAJITAS](#)
- [SPICY PORK CHOPS & BRUSSELS SPROUTS](#)
- [LEMON ROSEMARY CHICKEN & VEGETABLES](#)

## Instant Pot Night

- [SWEDISH MEATBALLS](#)
- [BEEF BOURGUIGNON](#)
- [STUFFED PEPPERS](#)
- [JAMBALAYA](#)
- [HOMESTYLE MEATLOAF](#)
- [SHORT RIBS WITH SOUTHWESTERN SUCCOTASH](#)
- [BBQ PULLED PORK](#)

## Skillet Night

- [CHICKEN ENCHILADA SKILLET](#)
- [HOMEMADE HAMBURGER HELPER](#)
- [MEXICAN CHICKEN & RICE SKILLET](#)
- [CRANBERRY APPLE CHICKEN SKILLET](#)
- [SPICY SAUSAGE SKILLET LASAGNA](#)
- [COWBOY CASSEROLE](#)



# MEAL PLANNER

☒ This meal plan is for the week of: \_\_\_\_\_

## Monday

|           |
|-----------|
| BREAKFAST |
|-----------|

|       |
|-------|
| LUNCH |
|-------|

|        |
|--------|
| DINNER |
|--------|

|                |
|----------------|
| SNACKS/DESSERT |
|----------------|

## Tuesday

|           |
|-----------|
| BREAKFAST |
|-----------|

|       |
|-------|
| LUNCH |
|-------|

|        |
|--------|
| DINNER |
|--------|

|                |
|----------------|
| SNACKS/DESSERT |
|----------------|

## Wednesday

|           |
|-----------|
| BREAKFAST |
|-----------|

|       |
|-------|
| LUNCH |
|-------|

|        |
|--------|
| DINNER |
|--------|

|                |
|----------------|
| SNACKS/DESSERT |
|----------------|

## Thursday

|           |
|-----------|
| BREAKFAST |
|-----------|

|       |
|-------|
| LUNCH |
|-------|

|        |
|--------|
| DINNER |
|--------|

|                |
|----------------|
| SNACKS/DESSERT |
|----------------|

## Friday

|           |
|-----------|
| BREAKFAST |
|-----------|

|       |
|-------|
| LUNCH |
|-------|

|        |
|--------|
| DINNER |
|--------|

|                |
|----------------|
| SNACKS/DESSERT |
|----------------|

## Saturday

|           |
|-----------|
| BREAKFAST |
|-----------|

|       |
|-------|
| LUNCH |
|-------|

|        |
|--------|
| DINNER |
|--------|

|                |
|----------------|
| SNACKS/DESSERT |
|----------------|

## Sunday

|           |
|-----------|
| BREAKFAST |
|-----------|

|       |
|-------|
| LUNCH |
|-------|

|        |
|--------|
| DINNER |
|--------|

|                |
|----------------|
| SNACKS/DESSERT |
|----------------|



# GROCERY LIST

## Produce

## Meat

## Seafood

## Pantry

## Pasta/ Grains

## Dairy

## Frozen

## Others