

# WEEKNIGHT DINNER PLAN

*To serve 4 people*

DINNER 1 **Slow Cooker Masala Lentil Dal + Rice**

DINNER 2 **Greek Chicken and Green Bean Skillet**

DINNER 3 **Easy Sloppy Joes + Salad or Fruit**

LEFTOVERS **Loaded Sweet Potatoes or Greek Salads**

BACK-UP **Mixed Bean Tacos**

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## WEEKEND PREP PLAN:

D1: Steam a batch of brown rice and refrigerate. Consider doubling if you'd like to serve with Greek Chicken and Green Bean Skillet.

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

D3: Dice the onion and bell peppers. Store together, covered, in the fridge. Make sauce and refrigerate.

Optional: Prep salad ingredients. Roast a batch of sweet potatoes.

## REPURPOSING LEFTOVERS:

Option 1: Split open baked sweet potatoes (warmed if prepped ahead) and top with leftover Lentil Dal or Sippy Joe filling.

Option 2: Dice leftover chicken from D2 (leave it cold) and toss into Greek-style salads along with romaine, tomatoes, red onion, kalamata olives and feta cheese.

# SHOPPING LIST

## PRODUCE:

Garlic (D1, D2, D3)  
Cilantro (D1)  
1 lb green beans (D2)  
1 medium onion (D2)  
1 medium red onion (D3, L)  
1 red bell pepper (D3)  
1 green bell pepper (D3)  
Greek salad fixings (optional)  
4 medium sweet potatoes (optional)  
Fruit (optional)

## GROCERY:

1 cup dried brown lentils (D1)  
2 14.5-oz cans diced tomatoes (D1, D2)  
13.5-oz can unsweetened coconut milk (D1)  
White or brown rice (D1, D2)  
2 cups vegetable stock (D1)  
1/2 cup chicken stock (D2)  
8-oz can tomato sauce (D3)  
Whole grain hamburger buns (D3)

## DAIRY/DELI:

Feta cheese (D2, L)

## MEAT/POULTRY:

2 lbs boneless, skinless chicken breasts (D2)  
1 lb lean ground beef (D3)

## PANTRY:

Garam masala  
Ground ginger  
Oregano  
Paprika  
Chili powder  
Ground cinnamon  
Olive oil  
Ketchup  
Worcestershire sauce  
Dijon mustard  
Brown sugar  
Salt  
Black pepper

## BACK-UP RECIPE:

Olive oil\*  
Onion\*  
Garlic\*  
Chili powder\*  
Ground cumin  
Paprika\*  
2 15-oz cans black, pinto, or red beans  
Flour or corn tortillas

\*Items already on shopping/pantry list