

# Basic Meal Plan

## Contents

<b>1</b>	<b>Breakfast stuff</b>	<b>3</b>
<b>2</b>	<b>Things to have on hand</b>	<b>3</b>
<b>3</b>	<b>Month A</b>	<b>4</b>
3.1	Week 1 . . . . .	4
3.1.1	Day 1 - Pierogies & Sausage w/ Roast Veges . . . . .	4
3.1.2	Day 2 . . . . .	4
3.1.3	Day 3 - Spaghetti & Meatballs . . . . .	4
3.1.4	Day 4 . . . . .	5
3.1.5	Day 5 - Stew & Naan . . . . .	5
3.1.6	Day 6 . . . . .	5
3.1.7	Day 7 . . . . .	5
3.2	Week 2 . . . . .	6
3.2.1	Day 1 - Rice paper / Salad Rolls . . . . .	6
3.2.2	Day 2 . . . . .	6
3.2.3	Day 3 - Chicken and Quinoa . . . . .	7
3.2.4	Day 4 . . . . .	7
3.2.5	Day 5 - Kebabs . . . . .	7
3.2.6	Day 6 . . . . .	7
3.2.7	Day 7 . . . . .	7
3.3	Week 3 . . . . .	8
3.3.1	Day 1 - Butter Chicken . . . . .	8
3.3.2	Day 2 . . . . .	8
3.3.3	Day 3 - Mushroom Stroganoff . . . . .	8
3.3.4	Day 4 . . . . .	8
3.3.5	Day 5 - Chorizo Tacos . . . . .	9
3.3.6	Day 6 . . . . .	9
3.3.7	Day 7 . . . . .	9
3.4	Week 4 . . . . .	10
3.4.1	Day 1 - Stir Fried Rice . . . . .	10
3.4.2	Day 2 . . . . .	10
3.4.3	Day 3 - Turkey & Mashed Potatoes . . . . .	10
3.4.4	Day 4 . . . . .	10
3.4.5	Day 5 - Lentils & Beans . . . . .	10
3.4.6	Day 6 . . . . .	11
3.4.7	Day 7 . . . . .	11
<b>4</b>	<b>Month B</b>	<b>12</b>
4.1	Week 1 . . . . .	12
4.1.1	Day 1 - Glazed Salmon & Steamed Veges . . . . .	12
4.1.2	Day 2 . . . . .	12
4.1.3	Day 3 - Potato Cheese Casserole . . . . .	12
4.1.4	Day 4 . . . . .	13
4.1.5	Day 5 - Hamburgers . . . . .	13
4.1.6	Day 6 . . . . .	13

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4.1.7	Day 7	13
4.2	Week 2	14
4.2.1	Day 1 - Homemade Pizza	14
4.2.2	Day 2	14
4.2.3	Day 3 - Steak & Lemon Potatoes	14
4.2.4	Day 4	14
4.2.5	Day 5 - Schnitzel	14
4.2.6	Day 6	15
4.2.7	Day 7	15
4.3	Week 3	16
4.3.1	Day 1 - Twice-Baked Potatoes	16
4.3.2	Day 2	16
4.3.3	Day 3 - Homemade Ramen	16
4.3.4	Day 4	16
4.3.5	Day 5 - Cod	17
4.3.6	Day 6	17
4.3.7	Day 7	17
4.4	Week 4	18
4.4.1	Day 1 - Spicy Udon	18
4.4.2	Day 2	18
4.4.3	Day 3 - Couscous & Yam Fries	18
4.4.4	Day 4	19
4.4.5	Day 5 - Lasagna & Steamed Broccoli	19
4.4.6	Day 6	19
4.4.7	Day 7	19

## 1 Breakfast stuff

- ☐ eggs
- ☐ chocolate milk
- ☐ ham
- ☐ hemp hearts, flax seeds
- ☐ overnight oats
- ☐ milk & cereal

## 2 Things to have on hand

Add to this!

- ☐ bread (frozen)
- ☐ flour
- ☐ sugar (brown & white)
- ☐ canned soup
- ☐ oats
- ☐ ketchup
- ☐ olive oil
- ☐ chips
- ☐ baking soda / powder
- ☐ vinegar
- ☐ kraft dinner
- ☐ dried pasta
- ☐ canned beans
- ☐ frank's red hot sauce
- ☐ pancake mix
- ☐ brownie/cake mix
- ☐ peanut butter / nutella
- ☐ BBQ sauce
- ☐

## 3 Month A

### 3.1 Week 1

This week's Sunday prep:

#### Chocolate chip cookies

GET RECIPE FROM MOM

☐

#### 3.1.1 Day 1 - Pierogies & Sausage w/ Roast Veges

- ☐ frozen pierogies
- ☐ sausage
- ☐ onion (purple or yellow)
- ☐ green onion
- ☐ garlic
- ☐ broccoli
- ☐ cauliflower
- ☐ mushrooms
- ☐ leek

#### 3.1.2 Day 2

Yesterday's leftovers!!

#### 3.1.3 Day 3 - Spaghetti & Meatballs

- ☐ spaghetti noodles
- ☐ ground beef
- ☐ oats
- ☐ eggs
- ☐ salt & spices
- ☐ tomato sauce
- ☐ green onion
- ☐ onion
- ☐ mushrooms

### 3.1.4 Day 4

Yesterday's leftovers!!

### 3.1.5 Day 5 - Stew & Naan

- ☐ beef or chicken
- ☐ carrots
- ☐ onions
- ☐ squash
- ☐ mushrooms
- ☐ leek
- ☐ potatoes
- ☐ oxo cubes
- ☐ olive oil
- ☐ garlic
- ☐ paprika
- ☐ herbs
- ☐ naan

### 3.1.6 Day 6

Yesterday's leftovers!!

### 3.1.7 Day 7

Make something easy...  
Or leftovers

## 3.2 Week 2

This week's Sunday prep:

### Beef barley soup

- ☐ beef chunks
- ☐ barley (cook before adding)
- ☐ carrots
- ☐ celery
- ☐ oxo cubes
- ☐ leek
- ☐ olive oil
- ☐ onion
- ☐ herbs
- ☐ tomato paste

Freeze extras.

### 3.2.1 Day 1 - Rice paper / Salad Rolls

- ☐ rice paper
- ☐ thin noodles
- ☐ cucumber
- ☐ carrots
- ☐ pork
- ☐ sesame seeds
- ☐ cabbage
- ☐ fresh cilantro or basil
- ☐ avocado
- ☐ some dipping sauce

### 3.2.2 Day 2

Yesterday's leftovers!!

### 3.2.3 Day 3 - Chicken and Quinoa

- ☐ rotisserie chicken or chicken thighs → use bones for stock & freeze
- ☐ quinoa
- ☐ (green) onion
- ☐ cauliflower
- ☐ broccoli
- ☐ mushrooms
- ☐ leek

### 3.2.4 Day 4

Yesterday's leftovers!!

### 3.2.5 Day 5 - Kebabs

- ☐ kebab sticks
- ☐ lamb
- ☐ bell peppers
- ☐ pitas
- ☐ greek/plain yoghurt
- ☐ cucumber
- ☐ lemon
- ☐ dill
- ☐ garlic
- ☐ olive oil

### 3.2.6 Day 6

Yesterday's leftovers!!

### 3.2.7 Day 7

Make something easy...  
Or leftovers

### 3.3 Week 3

This week's Sunday prep:

#### Homemade bread

<https://based.cooking/no-knead-bread/>

- ☐ poppy seeds
- ☐ hemp hearts
- ☐ flour
- ☐ instant yeast
- ☐ salt

#### 3.3.1 Day 1 - Butter Chicken

- ☐ masala sauce
- ☐ chicken breasts
- ☐ naan
- ☐ rice
- ☐ broccoli

#### 3.3.2 Day 2

Yesterday's leftovers!!

#### 3.3.3 Day 3 - Mushroom Stroganoff

- ☐ some kind of pasta
- ☐ mushrooms
- ☐ garlic
- ☐ onion
- ☐ flour
- ☐ chicken stock
- ☐ paprika
- ☐ milk
- ☐ sour cream
- ☐ fresh parsley

#### 3.3.4 Day 4

Yesterday's leftovers!!



### **3.3.5 Day 5 - Chorizo Tacos**

- ☐ refried beans
- ☐ pork
- ☐ corn tortillas
- ☐ avocado
- ☐ fresh cilantro
- ☐ green onion
- ☐ salsa
- ☐ limes

### **3.3.6 Day 6**

Yesterday's leftovers!!

### **3.3.7 Day 7**

Make something easy...  
Or leftovers

### 3.4 Week 4

This week's Sunday prep:

#### Double Chocolate Chip Cookies

GET RECIPE FROM MOM

- ☐
- ☐
- ☐
- ☐

#### 3.4.1 Day 1 - Stir Fried Rice

- ☐ rice
- ☐ chicken breast
- ☐ thai sauce
- ☐ green onion
- ☐ leek
- ☐ cabbage
- ☐ carrots
- ☐ baby corns

#### 3.4.2 Day 2

Yesterday's leftovers!!

#### 3.4.3 Day 3 - Turkey & Mashed Potatoes

- ☐ turkey
- ☐ potatoes
- ☐ peas
- ☐ gravy packet
- ☐ carrots (glazed and steamed)

#### 3.4.4 Day 4

Yesterday's leftovers!!

#### 3.4.5 Day 5 - Lentils & Beans

- ☐ lentils
- ☐ beans
- ☐ lemon
- ☐ leek
- ☐ green onion
- ☐ bell peppers
- ☐ tortilla chips

**3.4.6 Day 6**

Yesterday's leftovers!!

**3.4.7 Day 7**

Make something easy...  
Or leftovers

## 4 Month B

### 4.1 Week 1

This week's Sunday prep:

#### Cream of Vegetable Soup

- ☐ leek
- ☐ carrot
- ☐ potato
- ☐ celery
- ☐ onion
- ☐ fresh thyme
- ☐ garlic
- ☐ olive oil
- ☐ cream

#### 4.1.1 Day 1 - Glazed Salmon & Steamed Veges

<https://www.tasteofhome.com/recipes/brown-sugar-glazed-salmon/>

- ☐ salmon
- ☐ brown sugar
- ☐ lemon
- ☐ vinegar
- ☐ optional → dijon mustard, soy sauce
- ☐ green beans
- ☐ asparagus

#### 4.1.2 Day 2

Yesterday's leftovers!!

#### 4.1.3 Day 3 - Potato Cheese Casserole

- ☐ potatoes
- ☐ marble cheese
- ☐ onion
- ☐ sour cream
- ☐ milk/cream
- ☐ pork
- ☐ broccoli
- ☐ cauliflower

#### **4.1.4 Day 4**

Yesterday's leftovers!!

#### **4.1.5 Day 5 - Hamburgers**

- ☐ ground beef + spices
- ☐ oats
- ☐ onions
- ☐ buns
- ☐ ketchup
- ☐ mushrooms
- ☐ potatoes
- ☐ lettuce (burgers and salad)
- ☐ cucumbers (salad)

#### **4.1.6 Day 6**

Yesterday's leftovers!!

#### **4.1.7 Day 7**

Make something easy...  
Or leftovers

## 4.2 Week 2

This week's Sunday prep:

### Homemade bread

<https://based.cooking/no-knead-bread/>

- ☐ poppy seeds
- ☐ hemp hearts
- ☐ flour
- ☐ instant yeast
- ☐ salt

### 4.2.1 Day 1 - Homemade Pizza

- ☐ pizza dough
- ☐ tomato paste
- ☐ mozza
- ☐ mushrooms
- ☐ spinach
- ☐ pepperoni
- ☐ jalapenos

### 4.2.2 Day 2

Yesterday's leftovers!!

### 4.2.3 Day 3 - Steak & Lemon Potatoes

- ☐ potatoes
- ☐ lemon
- ☐ oxo cubes
- ☐ steak
- ☐ asparagus

### 4.2.4 Day 4

Yesterday's leftovers!!

### 4.2.5 Day 5 - Schnitzel

- ☐ pork
- ☐ bread crumbs
- ☐ egg
- ☐ flour
- ☐ baby potatoes
- ☐ green beans

**4.2.6 Day 6**

Yesterday's leftovers!!

**4.2.7 Day 7**

Make something easy...  
Or leftovers

### 4.3 Week 3

This week's Sunday prep:

#### Oatmeal chocolate chip cookies

GET RECIPE FROM MOM

- ☐
- ☐
- ☐
- ☐

#### 4.3.1 Day 1 - Twice-Baked Potatoes

- ☐ potatoes
- ☐ bacon bits
- ☐ cream
- ☐ green onion
- ☐ marble cheese
- ☐ chicken
- ☐ brown sugar
- ☐ carrots
- ☐ dried thyme

#### 4.3.2 Day 2

Yesterday's leftovers!!

#### 4.3.3 Day 3 - Homemade Ramen

- ☐ ramen noodles
- ☐ egg
- ☐ oxo cubes
- ☐ pork
- ☐ green onion
- ☐ sesame seeds
- ☐ ginger
- ☐ garlic
- ☐ red chili

#### 4.3.4 Day 4

Yesterday's leftovers!!



#### **4.3.5 Day 5 - Cod**

- ☐ cod
- ☐ lemon
- ☐ baby potatoes
- ☐ zucchini
- ☐ squash

#### **4.3.6 Day 6**

Yesterday's leftovers!!

#### **4.3.7 Day 7**

Make something easy...  
Or leftovers

## 4.4 Week 4

This week's Sunday prep:

### Dip Day!

Hummus

<https://based.cooking/hummus/>

- ☐ canned chick peas
- ☐ garlic
- ☐ tahini
- ☐ olive oil
- ☐ lemon juice
- ☐ dried cumin

Pepper Puree

- ☐ bell peppers
- ☐ chili pepper
- ☐ black pepper
- ☐ parmesan
- ☐ white beans
- ☐ garlic
- ☐ lemon

### 4.4.1 Day 1 - Spicy Udon

- ☐ udon noodles
- ☐ kimchi
- ☐ green onion
- ☐ pork
- ☐ bok choy
- ☐ chili sauce

### 4.4.2 Day 2

Yesterday's leftovers!!

### 4.4.3 Day 3 - Couscous & Yam Fries

- ☐ yams
- ☐ couscous
- ☐ chicken
- ☐ green beans

#### **4.4.4 Day 4**

Yesterday's leftovers!!

#### **4.4.5 Day 5 - Lasagna & Steamed Broccoli**

- ☐ lasagna/flat pasta
- ☐ cheese
- ☐ tomato sauce
- ☐ ground beef
- ☐ spinach
- ☐ fresh herbs
- ☐ broccoli

#### **4.4.6 Day 6**

Yesterday's leftovers!!

#### **4.4.7 Day 7**

Make something easy...  
Or leftovers