



**MEAL
PLAN
#1**
with shopping list

AndiAnne.com



Meal Plan #1

Shopping List

Produce:

- 1 large sweet potato
- 1 large yellow onion
- 1 carrot
- 1 green bell pepper
- 1 cup cherry tomatoes
- 2 cups sliced mushrooms

Bread & Pasta:

- Hamburger buns
- 25 oz fresh tortellini or ravioli pasta (about 2 packs)

Meat, Dairy & Frozen:

- 4-6 bone-in skin-on chicken thighs
- 1 lb lean ground beef
- 1 lb boneless skinless chicken thighs
- 1/2 lb ground pork
- 5 cups shredded mozzarella
- 1 cup parmesan cheese
- 3 eggs

Frozen:

- 1 bag frozen broccoli
- 1 frozen pie crust

Aisles:

- 28 oz can diced tomatoes
- 15 oz can black beans
- 14 oz can pizza sauce
- 12 oz can evaporated milk
- Soy sauce
- Brown sugar
- White rice
- Cornstarch
- 1 or 2 jars Alfredo sauce

Pantry Items:

- Onion powder
- Garlic powder
- Chili powder
- Paprika
- Italian seasoning
- Dried oregano
- Ginger powder
- Salt and pepper
- All purpose flour
- Cooking oil

One Pot Chicken Thighs, Tomatoes and Sweet Potatoes

Makes 4 Servings



Ingredients:

- 4-6 chicken thighs
- 2 cups peeled, chopped sweet potatoes
- ½ cup chopped onion
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp chili powder
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp ground black pepper
- 28 oz canned diced tomatoes - drained
- 1 cup shredded mozzarella cheese

Directions:

1. Peel and chop the sweet potatoes into small bite-size cubes. Chop the onion. Drain the diced tomatoes.
2. Season the chicken with salt and pepper and rub it in on both sides.
3. Heat oil in a large pot over medium-high heat. Add the chopped sweet potatoes, onion and the spices. Cook 2-3 minutes until tender when poked with a fork. Add more cooking oil if needed.
4. Add the sweet potatoes to a bowl and set aside for now.
5. Add the chicken to the pot. Brown the chicken thighs on both sides, about 2-3 minutes each side.
6. Add in the diced tomatoes and cooked sweet potatoes. Arrange around the chicken.
7. Cook until the chicken reaches 165°F when poked with a meat thermometer and the juices run clear. The pot can be covered to help speed up the cooking process.
8. Just before serving, sprinkle mozzarella cheese over top of the chicken and cook until melted, 1-2 minutes. Remove from heat.
9. Serve on its own or with rice, pasta or quinoa.

Pizza Sloppy Joes

Makes 4 Servings



Ingredients:

- 1 lb lean ground beef
- 1 cup chopped onion
- 1 Tbsp all purpose flour
- 1 grated or chopped carrot
- 1 cup black beans
- 14 oz can pizza sauce
- 1 tsp italian seasoning
- 1 tsp garlic powder
- ½ tsp dried oregano
- ¼ cup parmesan cheese
- 1 ½ cups shredded mozzarella cheese
- 4 hamburger buns - sliced in half

Directions:

1. Add a bit of oil to a frying pan over medium high heat. Cook the onion until it turns translucent, about 1-2 minutes.
2. Add in the ground beef. Break apart with a flat wood spatula and mix in with the onion. Cook until beef turns brown and is no longer pink. Sprinkle the flour overtop and mix together.
3. Add in the black beans, grated carrot, pizza sauce, italian seasoning, garlic powder, dried oregano and parmesan cheese. Mix together and cook until it thickens, 1-2 minutes.
4. Preheat the broiler. Spread butter or cooking oil over the hamburger buns. Broil the buns on the middle rack for 1-3 minutes on a baking sheet lined with parchment paper. Until it reaches your desired crispiness.
5. Remove buns from the oven. Spoon the ground beef mixture on top of each bun. Sprinkle mozzarella cheese on top. Broil on the middle rack for another 2-3 minutes, until cheese is melted and bubbling. Serve and enjoy!

Parmesan Ground Pork Quiche

Makes 4-6 Servings



Ingredients:

- ½ lb ground pork or other ground meat
- 1 cup chopped yellow onion
- 1 green bell pepper, chopped
- 2 Tbsp all purpose flour
- 1 tsp Italian seasoning
- ½ tsp salt
- ¼ tsp ground black pepper
- 12 oz can of evaporated milk - or heavy cream
- 3 eggs
- 1 cup mozzarella cheese
- ½ cup grated parmesan
- 1 unbaked pie crust

Directions:

1. Preheat the oven to 400°F. Pre-cook the pie crust according to instructions on the package.
2. Add a bit of oil to a frying pan over medium high heat. Cook the chopped onion until it turns translucent, about 1-2 minutes.
3. Add the ground pork and cook until browned, about 2-3 minutes. Drain any excess grease.
4. Mix in the flour, Italian seasoning, salt and pepper.
5. Pour the milk, 1/4 cup of the parmesan cheese and the chopped bell pepper in and stir until thickened, about 1-2 minutes.
6. Beat the eggs in a large bowl.
7. Pour the ground pork mixture into the bowl and stir together.
8. Sprinkle 1/2 cup of shredded mozzarella and 1/4 cup parmesan cheese in the bottom of the pie crust. Add the ground beef mixture on top. Sprinkle the last 1/2 cup of shredded mozzarella on top.
9. Place the pie on a baking sheet lined with parchment (to protect from any spills).
10. Bake uncovered for 30-35 minutes, until the edges are golden brown and cheese is bubbly. Let cool 10 minutes, then slice and serve.

Soy Sauce Chicken Thighs with Broccoli

Makes 4-6 Servings



Ingredients:

- 1 lb boneless skinless chicken thighs - sliced in half
- ½ cup water
- ¼ cup soy sauce
- 3 Tbsp brown sugar
- 2 tsp ginger powder
- 1 bag of frozen broccoli florets
- 1 Tbsp cornstarch
- ¼ cup water
- Cooked rice or pasta to serve with (optional)

Directions:

1. Cook rice or pasta in advance to serve with the recipe (this is optional).
2. Slice each chicken thigh in half.
3. In a bowl, mix together the water, soy sauce, ginger powder, and brown sugar.
4. Heat a large pot with a bit of cooking oil over medium high heat. Once the pot is hot, sear the chicken on each side until browned. About 5 minutes total.
5. Add the broccoli to the pot (while still frozen).
6. Pour the soy sauce mixture over top and toss everything together. Cover with a lid and let it simmer until the broccoli is tender crisp when poked with a fork.
7. Scoop the broccoli and chicken onto a serving dish.
8. Mix 1 Tbsp of cornstarch with 1/4 cup of water in a small bowl. Pour it into the sauce in the pot and let heat and simmer. Stir frequently until the sauce has thickened.
9. Drizzle the sauce over top of the chicken, broccoli and rice. Serve and enjoy!

Cheesy Tortellini Casserole

Makes 4-6 Servings



Ingredients:

- 25 oz fresh tortellini or ravioli pasta - about 2 packs (I used rainbow cheese tortellini)
- 2 Tbsp olive oil
- 1 cup sliced cherry tomatoes
- 2 cups sliced mushrooms
- 1 jar of alfredo sauce - or use 2 jars if you want it extra saucy
- ¼ cup parmesan cheese
- 1 cup shredded mozzarella cheese

Directions:

1. Add the pasta to boiling salted water. Cook 6-8 minutes, or according to package instructions until it reaches desired tenderness. Drain the pasta.
2. Add the pasta to a casserole dish. Drizzle olive oil over top and toss together. Set aside.
3. Add cooking oil to a frying pan over medium high heat. Cook the mushrooms, about 1-2 minutes until tender. Add the tomatoes and cook another minute.
4. Pour in the alfredo sauce and parmesan cheese. Stir and cook until heated through, about 1-2 minutes.
5. Drizzle the Alfredo sauce overtop of the cooked tortellini pasta. Sprinkle the mozzarella cheese over top.
6. Preheat the broiler. Place the casserole dish on the middle rack and broil for 2-3 minutes, or until cheese is melted and bubbling. Remove from oven and serve while still warm.