



Meal Plan For the week of: _____

Breakfast

Lunch

Dinner

Snack

Grocery List

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Sunday

M

Monday

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Tuesday

W

Wednesday

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Thursday

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Friday

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Saturday





Recipe: Blueberries and Creme Cake

Prep: 15 minutes

Cook: 30 minutes

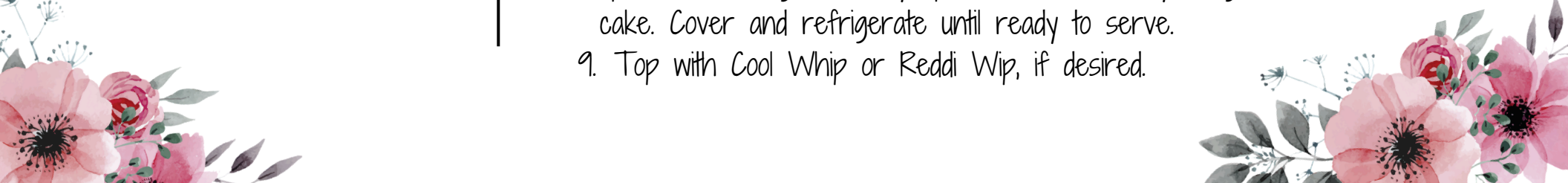
Refrigerate: 30 minutes

Total: 1 hour 15 minutes

Ingredients:

- 1 15.25 ounce Pillsbury Super Moist white Cake mix plus ingredients for cake mix
- 8 ounce cream cheese softened
- 2 cups powdered sugar
- 1/2 pint heavy whipping cream
- 21 ounce can Duncan Hines Blueberry pie filling/topping
- Cool Whip or Reddi Wip if desired

Instructions:

1. Make cake mix according to the package directions for the egg white recipe.
 2. Prepare a 9 x 13 baking pan and bake according to the package directions.
 3. When cake has baked, allow time to cool and then refrigerate.
 4. Make the cream cheese filling: beat the softened cream cheese with an electric mixer in a medium sized mixing bowl.
 5. Then, add the powdered sugar and blend.
 6. Add the heavy whipping cream and beat to combine—until well combined and thickened so you can spread it on the cake.
 7. Spread cream cheese filling onto the chilled cake and place back in the refrigerator for about 30 minutes.
 8. When the cake has chilled, carefully spoon the blueberry pie filling on to the cake. Distribute as evenly as possible to minimize the need to spread the filling. Carefully spread the blueberry filling to cover the cake. Cover and refrigerate until ready to serve.
 9. Top with Cool Whip or Reddi Wip, if desired.
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Recipe:

Korean Beef

Prep: 5 minutes

Cook: 25 minutes

Refrigerate: leftovers

Total: 30 minutes

Ingredients:

- 1 pound lean ground beef
- rice, cooked

Sauce Ingredients:


- 1 cup brown sugar
- 1/2 cup Soy Sauce
- 2 tbsp Sesame Oil
- 2 garlic cloves, minced
- 1/2 tsp ginger
- 1/2 tsp salt
- 1-1/4 tsp black pepper
- 1-1/2 tsp crushed red pepper flakes

Instructions:

Sauce Instructions:

1. Place all of the sauce ingredients in a sauce pan (everything but the ground beef and rice).
2. Bring sauce ingredients to a boil, stirring frequently so sauce does not burn.
3. When sugar has dissolved, remove from heat.

Meat Instructions:

1. Brown the ground beef, crumbling it as it cooks in a frying pan.
 2. When ground beef is cooked through, drain any fat from the pan.
 3. Add the sauce to the cooked ground beef and heat through.
 4. Serve over cooked rice and enjoy the delicious flavors.
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Recipe: Bacon Hashbrown Breakfast Casserole

Prep: 15 minutes

Cook: 40 minutes


Refrigerate: leftovers

Total: 55 minutes

Ingredients:

- 4 cups hash browns, thawed
- 1/2 cup green onion, sliced and chopped
- 1 can mushrooms, drained
- 1 cup bacon crumbles
- 6 eggs
- 1/2 cup milk
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- 1/2 tsp parsley
- 1 tsp salt
- 1/3 cup parmesan cheese, shredded
- 1 cup cheddar cheese, grated

Instructions:

1. Spray a 9x13 pan with non-stick cooking spray and spread the hash browns evenly on the bottom.
 2. Evenly distribute the onions, mushrooms, and bacon over the top of the hash browns.
 3. Top with both cheeses.
 4. Whisk the eggs, milk, and seasonings in a mixing bowl-mix them well. Pour over the ingredients in the 9x13 baking dish.
 5. Cover with foil and bake at 400 degrees for 40-45 minutes.
 6. Enjoy!
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Recipe:


Southwest Chicken Tacos

Prep: 10 minutes

Cook: 25 minutes

Refrigerate: leftovers


Total: 35 minutes



Ingredients:

- 1 pound chicken breast or rotisserie chicken breast, shredded
- 1 tbsp taco seasoning
- 15 ounce can black beans, drained
- 1 cup corn, frozen or canned
- 1 cup salsa
- taco shells

Instructions:

1. Heat shredded chicken, taco seasoning, black beans, corn, and salsa.
 2. Serve in taco shells.
 3. Top with desired toppings.
 4. Enjoy!!
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Recipe:

BLT Pasta Salad

Prep: 20 minutes

Cook: 10 minutes

Refrigerate: 60 minutes

Total: 1 hour 30 minutes

Ingredients:

- 3 cups bowtie pasta
- 5 cups romaine lettuce, chopped
- 2 cups baby spinach leaves
- 12 ounce package bacon
- 1/2 cup tomato, diced
- 1/4 cup red onion, diced

Dressing Ingredients:


- 1/2 cup buttermilk
- 1/2 cup Best Foods Mayonnaise
- 3/4 tbsp Hidden Valley Homestyle Ranch Salad Dressing Mix
- 3 tbsps Sweet Baby Ray's Barbecue Sauce
- 1/4 tsp pepper

Instructions:

Dressing Instructions:

1. Combine five dressing ingredients together until smooth and creamy. Refrigerate.

Salad Instructions:

1. Cook the 3 cups of pasta. Drain, rinse in cold water and then allow time to cool and drain excess water.
 2. While the pasta cooks and cools, cook the bacon and prepare the other ingredients for the salad.
 3. Cook the bacon, use a paper towel to remove excess bacon grease and break the bacon strips into bite-size pieces.
 4. Chop the romaine, onion and tomatoes.
 5. Add cooked pasta, romaine lettuce, spinach, bacon pieces, onion and tomato to a large bowl. Toss to combine. Refrigerate for at least an hour to chill and until ready to serve.
 6. When ready to serve, combine salad with dressing and toss to coat. Serve immediately.
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Recipe:

Ingredients:

Instructions:

