

# Economical Chef's Weekly Meal Plan

Estimated Cost: \$50.00+



Shopping List		Price Range	
Ingredient	Quantity	\$	\$\$
<b>Produce:</b>			
Avocado	1	\$1.00	\$2.00
Spinach/Arugula	~5 oz	\$2.00	\$3.00
Baby Carrots	16 oz bag	\$1.00	\$2.00
Fruit (Blueberries, Blackberries, Strawberries, etc.)	1 pint/pkg	\$2.00	\$3.00
Bananas	1 bunch (~5)	\$1.00	\$1.50
Garlic	1 bulb	\$1.00	\$1.50
Lemon	1	\$1.00	\$1.50
Green Beans	1 lb	\$1.50	\$2.50
Shallot	1	\$0.50	\$1.00
Broccoli	3-4 heads	\$2.00	\$4.00
<b>Meat:</b>			
Turkey Deli Meat	3/4 lb	\$4.50	\$7.00
Salmon	12 oz	\$6.00	\$8.00
Chicken	2 lb	\$8.00	\$12.00
<b>Dairy:</b>			
Greek Yogurt	16-18 oz tub	\$2.50	\$4.00
Eggs	1 dozen	\$1.00	\$3.00
Deli Cheese	1 pkg (~7 oz)	\$2.00	\$3.50
<b>Grains:</b>			
Quinoa	16 oz	\$3.50	\$5.00
Granola	1 pkg (~12 oz)	\$3.00	\$4.50
Wheat Bread	1 loaf	\$2.50	\$3.50
Wheat Tortillas (taco sized)	1 pkg	\$2.00	\$3.00
Crackers/Pretzels	1 box/bag	\$2.00	\$3.00
<b>Sub Totals:</b>		<b>\$50.00</b>	<b>\$78.50</b>
<b>If not already in your pantry, you'll also need:</b>		<b>\$</b>	<b>\$\$</b>
Cinnamon	1 pkg (~2 oz)	\$1.00	\$3.00
Dijon Mustard	1 pkg (~12 oz)	\$1.50	\$2.50
Paprika	1 pkg (~1 oz)	\$1.50	\$2.50
Beer	12oz	\$1.00	\$2.00
Salt/Pepper	Pkg of each	\$1.00	\$3.00
Butter or Olive Oil	16 oz	\$3.50	\$5.00
<b>Sub Totals:</b>		<b>\$9.50</b>	<b>\$18.00</b>
<b>Grand Totals:</b>		<b>\$59.50</b>	<b>\$96.50</b>

# Weekly Lineup:

## Monday

**Breakfast:** Simple Cinnamon Yogurt Parfait

**Lunch:** Turkey Avocado Sandwich

**Dinner:** Slow Cooker Beer Chicken Tacos

## Tuesday

**Breakfast:** Simple Weekday Breakfast Sandwich

**Lunch:** Slow Cooker Beer Chicken with Quinoa and Broccoli

**Dinner:** Simple Lemon Garlic Salmon

## Wednesday

**Breakfast:** Simple Cinnamon Yogurt Parfait

**Lunch:** Turkey Avocado Sandwich

**Dinner:** Slow Cooker Beer Chicken Tacos

## Thursday

**Breakfast:** Simple Weekday Breakfast Sandwich

**Lunch:** Slow Cooker Beer Chicken with Quinoa and Broccoli

**Dinner:** Simple Lemon Garlic Salmon

## Friday

**Breakfast:** Simple Cinnamon Yogurt Parfait

**Lunch:** Turkey Avocado Sandwich

**Dinner:** Slow Cooker Beer Chicken with Quinoa and Broccoli

## Weekend:

Eat out, eat in, enjoy

# Recipes for the Week



# Breakfasts:

## **Simple Cinnamon Yogurt Parfait**

### Ingredients:

- 1/2 cup of yogurt
- Handful of blueberries
- 1/4 cup Granola
- 1 banana
- Cinnamon

### Directions:

1. Assemble your parfait - start with a little bit of yogurt on the bottom (about 1/4 cup).
2. Then sprinkle cinnamon.
3. Followed by half of the banana sliced up and more cinnamon.
4. Then a handful of washed fruit.
5. Finally, 1/2 of your granola (if for immediate consumption - otherwise pack the oats/granola separately and sprinkle as you eat).
6. Repeat the above steps one more time for a layered yogurt parfait.

## **Simple Weekday Breakfast Sandwich**

### Ingredients:

- 2 slices of bread
- 2 eggs
- 1/5 avocado
- Spinach/Arugula
- Dijon Mustard

### Directions:

1. Crack two eggs in a bowl, add a touch water, and mix with a fork.
2. Add some butter/oil to a pan over low heat, and pour in the eggs.
3. Scramble eggs.
4. Once the eggs are cooked, leave them in the pan to cool while you prep the sandwich.
5. Get out your bottom bread and add a little bit of the spinach/arugula.
6. Put the dijon mustard on top of the spinach/arugula.
7. Layer on your eggs.
8. Top it with salt & pepper.
9. Slice and place the avocado on top of the peppered eggs.
10. Top bread to top it off.
11. Cut the sandwich in half and pop it in the fridge if you are prepping for the next day.

# Lunches:

## **Turkey Avocado Sandwich**

*with Carrots & Crackers/Pretzels*

### Ingredients:

- 2 slices bread
- ¼ lb lunch meat
- 1 slice cheese
- Spinach/Arugula
- Dijon Mustard
- ¼ avocado
- 1-2 servings of carrots
- Serving of crackers/pretzels

### Directions:

#### Sandwich:

1. Get out your bottom bread and add a little bit of the spinach/arugula.
2. Put the dijon mustard on top of the spinach/arugula.
3. Layer on your lunch meat and add a slice of cheese.
4. Slice & layer the avocado next, and top the sandwich off with the second bread slice.
5. Cut the sandwich in half and pop it in the fridge if you are prepping for the next day.

#### Sides:

1. Put your carrots and crackers/pretzels in bags if you are prepping for the next day.

## **Slow Cooker Beer Chicken**

*with Quinoa and Broccoli*

### Ingredients:

- 2 lbs chicken
- 12 oz beer
- 1 small shallot
- 1 clove garlic
- 1 tsp paprika
- 1 head broccoli (or make all 3-4 heads of broccoli and portion for the week)
- ¼ cup of quinoa (or make all 2 cups and portion for the week)

### Directions:

#### Chicken:

1. Season the chicken with salt, pepper & paprika and put it in your slow cooker.
2. Chop your garlic and shallot and add to the slow cooker with your beer.
3. Cook on low for about 8 hours, then take the chicken out and shred with two forks.

#### Quinoa:

1. Cook as directions on packet designate and season with salt and pepper.

#### Broccoli:

1. Cut the broccoli into florets and steam them in a pan with water over medium heat until tender, about 7 minutes.

# Dinners:

## **Simple Lemon Garlic Salmon**

*with Green beans & Quinoa*

### Ingredients:

- 6 oz salmon fillet\*
- 1 clove of garlic\*
- 1/2 lemon\*
- 1/4 cup quinoa (or make all 2 cups and portion for the week)
- 1/4 lb of green beans (or make the full lb and portion for the week)

### Directions:

#### Salmon:

1. Pre-heat your oven to 350 degrees F.
2. Slice one lemon in half and cut into thin slices.
3. Take the clove of garlic and chop finely (or until you lose patience).
4. Place your salmon in an oiled/greased baking dish. Add salt and pepper liberally. Sprinkle chopped garlic on top of your fish and then layer on the sliced lemons to cover the entire surface the salmon fillet.
5. Bake in the oven for about 20-25 minutes. When the fish is flaky with a fork and not bright pink in the middle, its done.
6. Serve with lemon and enjoy.

#### Quinoa:

1. Cook as directions on packet designate and season with salt and pepper.

#### Green Beans:

1. Clean green beans and add them to a pan with butter over medium heat.
2. Saute until tender, about 7 minutes.
3. Optional: cook with 1 clove of chopped garlic.

*\*double if you want to make the full 12 oz of salmon and have leftovers*

## **Slow Cooker Beer Chicken Tacos**

*with green beans*

### Ingredients:

- 1-2 tortillas
- 1/4 lb of green beans
- Spinach/arugula
- 2/5 lbs of cooked chicken
- 1-2 slices of cheese

### Directions:

#### Chicken: (reference recipe above)

1. Heat up the chicken (if needed) and put on tortillas with lettuce and cheese.

#### Green Beans:

4. Clean green beans and add them to a pan with butter over medium heat.
5. Saute until tender, about 7 minutes.
6. Optional: cook with 1 clove of chopped garlic.

## Notes:

This meal plan is perfect for those going to work every day. Just make sure to prep items the night before:

- Simple Cinnamon Yogurt Parfait
- Simple Weekday Breakfast Sandwich
- Turkey Avocado Sandwich
- Slow Cooker Beer Chicken

And cook in bulk to have leftovers to eat all week:

- Slow Cooker Beer Chicken
- Simple Lemon Garlic Salmon (can cook twice for maximum freshness if you would like)

## Leftovers for the Weekend:

This meal plan will result in a small amount of leftovers at the end of the five days, approximately:

- 8 eggs
- ¼ cup of yogurt
- ½ pkg of granola
- 4-6 slices of bread
- 6-8 tortillas
- ~4 slices of deli cheese
- Some cloves of garlic
- ~3 servings of quinoa
- A couple bananas
- Cinnamon, Dijon Mustard, Paprika, Salt and Pepper, Butter/Olive Oil

Don't let them go to waste! Make some easy meals over the weekend, and save the items that don't expire for the next week of cooking. Some easy weekend recipe ideas are:

- **Breakfast Sandwiches or Wraps**
  - Uses: Eggs, bread or tortillas
- **Grilled Cheese or Quesadilla with garlic**
  - Uses: Cheese, bread or tortillas, garlic
- **Yogurt with granola**
  - Uses: Yogurt, granola, cinnamon
- **Fried Quinoa**
  - Uses: Quinoa, eggs

Visit [economicalchef.com](http://economicalchef.com) for more recipe ideas!

