

# THIS WEEK'S DINNER PLAN

INTRODUCING A PIGGYBACK WEEK:

## MEAL-TO-MEAL *Piggybacking*

### THE IDEA:



FETA CHICKEN BAKE



PASTA WITH VEGGIE SAUCE



SPINACH TURKEY MEATBALLS



SPAGHETTI & MEATBALLS



MEXICAN QUINOA SKILLET



leftover STUFFED PEPPERS

FETA CHICKEN  
BAKE

PASTA WITH  
VEGGIE SAUCE

SPINACH TURKEY  
MEATBALLS &  
STRING BEANS

SPAGHETTI &  
MEATBALLS

MEXICAN  
QUINOA SKILLET

LEFTOVER  
STUFFED  
PEPPERS



EXTRA CHICKEN  
THROW INTO YOUR  
PASTA & VEGGIES

EXTRA MEATBALLS  
THROW INTO YOUR  
SPEGHETTI

EXTRA MEXICAN  
QUINOA MAKE  
STUFFED PEPPERS

### NOTES:

 Recipes that have a video **have a video icon by the photo.** CLICK ON IT and the video will play in a separate browser. Click back to get back to recipes or find them in your downloads again.

- Adjust ingredient quantities to fit your family and account for leftovers to piggyback.

### THE PLAN:



## FETA CHICKEN BAKE

Leftovers here will be added to tomorrow's PASTA WITH VEGGIE SAUCE

I'm cooking 2 to have extra for tomorrow and maybe some for lunches.



## PASTA WITH VEGGIE SAUCE

Add any leftovers from the FETA CHICKEN BAKE or eat as is. If you do not have leftovers and want to add an animal protein, throw some frozen chicken strips in, or add some nutritional yeast to keep it vegetarian.



## SPINACH TURKEY MEATBALLS & STRING BEANS

Cook EXTRA. These go fast in my house. I'm cooking extra to piggyback into tomorrow's SPAGHETTI & have some for lunches/breakfast



## SPAGHETTI & MEATBALLS

A one pot meal. If you don't have any leftover meatballs add a bag of frozen pre-made ones. The original recipe calls for 1 box of pasta. I changed it to 1/2 box pasta & half a veggie spiral pasta or similar.



## MEXICAN QUINOA SKILLET

Double this recipe so you have leftovers available for STUFFED PEPPERS tomorrow. This is a meatless recipe. If you want to add an animal protein: cook up ground turkey/chicken/beef or crumble up any leftover meatballs you may have.



## LEFTOVER STUFFED PEPPERS

Use up what you have. A great way to add any leftovers from the night before or the week. Add a cheese of your choice

# SHOPPING LIST

Kept separate by dinner so you can easily swap out a recipe for one of your own.

	MEAT	VEGGIE/FRUITS	GRAIN/PASTA	JAR/CANNED	DAIRY	SPICE/OIL
FETA CHICKEN BAKE	-Chicken breasts 4	-Cherry Tomatoes -Spinach Fresh 1/2bag -Broccoli 12oz bag -Fresh basil	-Quinoa/Rice		-Block of Feta Cheese	-Avocado Oil -Garlic Powder -Salt & Pepper
PASTA WITH VEGGIE SAUCE	-Chicken (optional) <ul style="list-style-type: none"> <li>any leftovers</li> <li>buy rotisserie</li> <li>frozen strips</li> <li>ckn breasts to cook</li> </ul>	-Butternut Squash (1 bag frozen) -Sweet Potatoes 1- 2 -Zucchini - 1 lg -Red Bell Pepper - 1 -Garlic - 1 bulb -Cherry Tomatoes <u>optional</u> -Spinach Fresh -Broccoli steamable bag	-Pasta of Choice and/or veggie spirals		-Milk of Choice - 3/4 cup	-Avocado Oil -Paprika -Turmeric -Salt & Pepper
SPINACH TURKEY MEATBALLS & GB	-Ground Turkey 1lb	-Yellow Onion - 1 -Frozen Spinach - 1bag -Green Beans - 1bag (frozen or fresh)			-Egg 1	-Salt & Pepper -Dried Basil -Red Pepper -Onion Powder -Garlic Powder -Italian Seasoning
SPAGHETTI & MEATBALLS	-Frozen Meatballs or leftovers	-Frozen Veggie Spirals (to use with pasta)	-Spaghetti Pasta and/or Palmini	-Spaghetti Sauce 1 jar	-Mozzarella Cheese 1 cup	
MEXICAN QUINOA SKILLET		-Corn 1 cup -Fresh Cilantro -Avocado 1 -Lime 1	-Quinoa	-Broth 1 cup -Black Beans 1 can -Fire Roasted Tomatoes - 1 can		-Chili Powder -Cumin -Salt & Pepper -Avocado Oil -Minced Garlic
LEFTOVER STUFFED PEPPERS		-Bell Peppers 1/person			-Cheese 1 cup (PepperJack)	

# ADD ITEMS TO YOUR CART:

## Shopping at WAL-MART?

Click below & add items right to YOUR OWN Walmart shopping cart from my list this week.

These are my shopping items for dinner this week  
Items for a family of 4 it may be MORE THAN YOU NEED OR LESS - CHECK ACCORDINGLY

**EXCLUDES SPICES & OILS**

**Enough to:**

- Double the Feta Chicken Bake recipe
- Make PLENTY of meatballs (we love those) to piggyback.

**Check the brands and change what you'd like:**

You may already have things like rice, quinoa, milk, and eggs.

There may be better options for certain items. I had to adjust to child's needs/wants and price for our budget. My family and I are GROWING INTO healthier. You do you, I'll do me, and you can change anything in your personal cart as you see fit once you add it in.



# Feta chicken bake

Recipe adapted from Jenneatsgood

## Ingredients



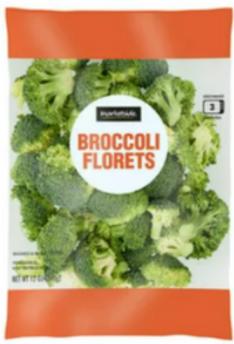
Chicken Breasts  
4



Cherry Tomatoes,  
1 small container



Fresh Spinach  
Giant Handful



Broccoli  
1 bag about 12 oz



Block of Fetta  
Cheese



Cooked Rice or Quinoa  
to serve over

## SPICES & OILS

- Avocado Oil
- Salt & Pepper
- Garlic Powder
- Fresh Basil

## Directions

1. Pre-heat oven to 400F
2. Place block of feta in center of baking dish
3. Place chicken breasts around it
4. Add broccoli & tomatoes
5. Drizzle with oil
6. Season with salt, pepper, & garlic powder
7. Bake for 30min
8. Cook quinoa /rice to package directions
9. Remove chicken, stir in spinach & basil
10. Dice chicken if desired and return it to the dish.
11. Serve over rice/quinoa, or eat as is!

## Notes

Cook Extra for leftovers: use in a piggyback meal or pack for lunch.



# PASTA & Veggie Sauce

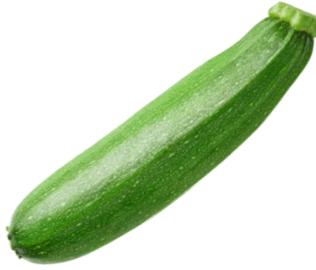
## Ingredients



Butternut Squash  
1 bag



Sweet Potatoes  
1-2 whole or 1 bag



Zucchini  
1



Cherry Tomatoes,  
a hand full



Red Bell Pepper  
1



Milk of Choice  
3/4 cup



Garlic  
1 bulb



Veggie Noodles  
(or pasta of choice)

## SPICES & OILS

- Avocado Oil
- Paprika
- Turmeric
- Salt & Pepper

## OPTIONAL ITEMS:



- breasts
- Rotisserie
- Frozen strips
- leftover chicken



- Fresh Spinach to add in at the end



- Steamable bag of Broccoli to add in at the end

## Directions

- 1 Pre-heat oven to 400F
2. Chop veggies & place on baking sheet (cherry tomatoes can stay whole)
3. Drizzle with avocado oil & season with paprika, turmeric, salt & pepper
4. Roast in oven for 30 min - all veggies should be soft
5. Cook pasta to package directions (set aside)
6. Add to blender: roasted veggies from oven, squeeze out garlic, and 3/4 cup of milk
7. Blend and pour over cooked pasta.
8. Add spinach, broccoli or chicken if desired

## Notes

PREP TIPS: Cook sauce ahead of time so on a busy night you only need to cook your pasta.

KEEP IT SIMPLE: add protein by using a rotisserie chicken, leftover chicken, bulk prepped chicken, or frozen chicken strips. Sprinkle with nutritional yeast.



# SPINACH

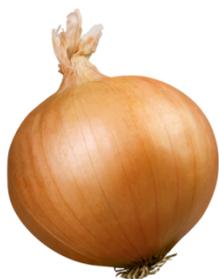
# turkey Meatballs



## Ingredients Makes about 6 Meatballs



Ground Turkey  
1 lb



1 Onion



Frozen Spinach  
about 1 cup



1 egg

## SPICES, HERBS & OILS

- Sea Salt - 1 tsp
- Black Pepper - 1/2 tsp
- Dried Basil - 1/2 tsp
- Red Pepper Flakes - 1/2 tsp
- Onion Powder - 1 & 1/2 tsp
- Garlic Powder - 1 & 1/2 tsp
- Italian Seasoning - 1 tsp

## Directions

1. Pre-heat oven to 400F & spray baking sheet
2. Dice onion & cook spinach (squeeze out extra water)
3. Mix: turkey, diced onion, spinach & spices in a large bowl
4. Roll into meatballs and place on baking sheet  
(they will feel "sticky" that's ok, if you want refrigerate for 10min)
5. Bake for 15-18 minutes (or until temp is 165F)
6. Serve!

## Notes

PREP TIPS: Cook EXTRA - trust me you'll want to double, triple, or quadruple the recipe!!

Use Leftovers In:

Spaghetti or smashed on toast with a fried egg for breakfast

# ROASTED *String Beans*

## Ingredients



Green Beans  
Frozen/Fresh

## SPICES & OILS

- Avocado Oil
- Salt & Pepper
- Garlic Powder



## Directions

- Heat Oven to 400F
- Spray your pan.
- Open frozen bag of string beans & dump on the pan.
- Drizzle them with Avocado Oil
- Season with salt, pepper, and a lot of garlic powder.
- Mix them up
- If you want them crispy don't over crowd the pan.
- Bake for 30-35min or until desired crispiness

## Notes

# ONE POT Spaghetti & Meatballs

Adapted from lorafied on instagram

## Ingredients



Pasta of choice  
1/2 box

Veggie Spirals or Palmini  
any Kind 1-2 bags



Pasta Sauce  
1 Jar



Mozzarella Cheese  
1 cup



Leftover meatballs OR  
1 Bag of frozen meatballs



Original Recipe Reel

## Directions

1 Add to a big pan on the stove:

- Jar of sauce
- 1/2 Jar of water (for 1/2 box of pasta)
- Frozen Meatballs (if using them, if using leftovers wait)

Cover and simmer for about 8 min

2. Stir in uncooked pasta

Cook for about 10 min or until about done

3. Add in veggie spirals

(If using leftover meatballs add now to warm them up)

4. Add cheese, cover until melted

## Notes

I cook a healthier pasta and add in veggie spiral zoodles or spaghetti squash spirals to get more veggies into this dish and cut down on the carbs at night.

# ONE PAN

## Mexican Quinoa Skillet

Adapted from damndelicious

### Ingredients



Quinoa: uncooked  
1 Cup



Vegetable or Bone  
Broth - 1 Cup



Corn 1 cup  
(frozen or canned)



Black Beans  
1 can



Fire Roasted Diced  
Tomatoes 1 can



Minced Garlic  
(2 cloves)



Avocado - 1



Lime - 1



Fresh Cilantro  
(2 tablespoons)

### SPICES & OILS:

- Chili Powder - 1 tsp
- Cumin - ½ tsp
- Salt & Pepper
- Avocado Oil

### Directions

1 In a large skillet add oil & garlic: cook 1 min on med. heat

2. ADD IN:

- Quinoa - 1 cup uncooked
- Vegetable Broth - 1 cup
- Beans (drained & rinsed) - 1 can
- Fire Roasted Tomatoes - 1 can
- Corn - 1 cup
- Chili powder (1tsp), Cumin (1/2tsp), Salt & Pepper(taste)

3. Bring to a boil, then cover & reduce heat to simmer.

Cook until quinoa is done - about 20 min

4. Squeeze in lime juice & chopped cilantro

5. Plate and serve with diced avocado on top.

### Notes

To add more protein you could add cooked ground turkey

Double the recipe if piggybacking into Stuffed Peppers



# LEFTOVER

## *Quinoa Stuffed Peppers*

### **Ingredients**

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Bell Peppers  
1 per serving (2 halves)



Cheese of Choice  
(I like pepper jack)  
1 cup (or more if desired)



LEFTOVERS  
(or cook recipe without avocado)



### **Directions**

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1. Preheat oven to 350 F
2. Spray a 9x13 baking dish or line with parchment paper
3. Take Mexican Quinoa leftovers & mix in cheese
4. Cut bell peppers in half - remove seeds place face up in dish
5. Spoon filling into each pepper
6. Bake until peppers are tender and filling is heated through about 25-30 minutes

### **Notes**

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To add more protein you could add cooked ground turkey

# thanks

FOR CHECKING OUT  
THIS WEEK'S DINNER PLAN

I would love your feedback!  
Here's a brief survey so I can  
help make meal planning  
as easy as possible!

CLICK HERE 



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