

A Full Week of Dinners - 2

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This week is built around simple prep, overlapping ingredients, and from scratch meals that make dinner feel manageable. A few intentional prep steps at the beginning of the week make everything else come together quickly.

Weekly Dinner Plan

- **Monday:** Chicken Tortilla Soup
 - **Tuesday:** Crispy Beef Burger Bowls with Special Sauce
 - **Wednesday:** Leftover Beef Fried Rice Stir Fry
 - **Thursday:** Flex Night / Leftovers
 - **Friday:** Spring Pesto Pasta with Arugula Pistachios Asparagus
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Optional Prep Ahead (Do Once, Save Time All Week)

- Make a batch of my ginger orange turmeric shredded beef so it's ready to use across multiple meals
- Cook a large batch of rice and set it aside for bowls & fried rice later in the week
- Cook and shred a whole chicken, use the bones to make a batch of broth to use for soup and any extra meals
- Chop vegetables ahead of time like carrots, onions, and peppers to save time during the week
- Shred cheese and prep toppings so everything is ready for quick and easy dinner assembly

Pantry Staples Checklist

Olive oil
Toasted sesame oil
Oyster sauce
Mayo - Or make homemade
Rice vinegar
Tomato paste
Chicken stock or broth - or homemade
Black pepper
Cumin
Turmeric
Garlic powder

Avocado oil
Soy sauce and or coconut aminos
Ketchup
Pickles
Apple cider vinegar
Canned diced tomatoes
Salt
Smoked paprika
Chili powder
Onion powder
Brown sugar (optional)

Grocery List

Meat & Protein

2 chuck roasts (6 to 8 lbs)
Ground beef (about 1½ pounds)
Whole chicken (3½ to 5 pounds)
Eggs (1 dozen)

Dairy

Shredded cheese (3 to 4 cups)
Sour cream (16 oz)
Parmesan cheese (½ to 1 cup)
Cheese slices (optional, 4 to 6)

Frozen

Frozen broccoli (1 bag)
Frozen peas (1 bag)

Nuts & Extras

Pistachios (½ to 1 cup)
Pickles (1 jar)

Produce

Oranges (2)
Fresh ginger (1 small knob)
Garlic (1 to 2 heads)
Onion (2 to 3)
Carrots (5 to 6)
Celery (2 to 3 stalks)
Red bell pepper (1)
Cauliflower (1 small head)
Cilantro (1 bunch)
Avocado (2)
Romaine lettuce (1 to 2 heads)
Russet potatoes (2 to 3)
Green onions (1 bunch)
Asparagus (1 lb)
Arugula (1 container)
Lemon (1)
Orange juice (1 cup)
Tomato (1 large)

Grains & Dry Goods

Rice (2 to 3 cups uncooked)
Spaghetti pasta (1 pound)
Tortilla chips for topping soup

Ginger Orange Turmeric Shredded Beef

Recipe: <https://christinesnotebook.com/ginger-orange-turmeric-shredded-beef/>

Main Ingredients:

- Chuck roast
 - Garlic
 - Oranges (zest and juice)
 - Orange Juice
 - Fresh ginger
 - Turmeric
 - Tomato paste
 - Coconut aminos
 - Apple cider vinegar
 - Cumin, smoked paprika, salt, pepper
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Chicken Tortilla Soup

Recipe: <https://christinesnotebook.com/chicken-tortilla-soup/>

Main Ingredients:

- Cooked shredded chicken
 - Cooked Rice
 - Carrots
 - Onion
 - Garlic
 - Red pepper
 - Celery
 - Cauliflower
 - 2 Canned tomatoes
 - Chicken stock
 - Cumin, chili powder, salt, pepper
 - Sour cream, avocado, cilantro, and tortilla chips for topping
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Crispy Beef Burger Bowls with Special Sauce

Recipe: <https://christinesnotebook.com/crispy-beef-burger-bowls-with-special-sauce/>

Main Ingredients

- Ground beef
 - Russet potatoes
 - Lettuce
 - Pickles
 - Mayo
 - Ketchup
 - Chopped pickles
 - Pickle brine
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Leftover Beef Fried Rice Stir Fry

Recipe: <https://christinesnotebook.com/leftover-beef-fried-rice-stir-fry/>

Main Ingredients

- Cooked rice
 - Shredded beef
 - Carrots, shredded
 - Peas
 - Eggs
 - Soy sauce
 - Rice vinegar
 - Oyster sauce
 - Sesame oil
 - Green onions
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Spring Pesto Pasta with Arugula Pistachios Asparagus

Recipe: <https://christinesnotebook.com/spring-pesto-pasta-with-arugula-pistachios-asparagus/>

Ingredients:

- Pasta
- Asparagus
- Arugula
- Pistachios
- Olive oil
- Garlic
- Lemon
- Pesto