

# A Full Week of Dinners – May 2026

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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:** Braised Beef Bowls with Roasted Sweet Potatoes & Jalapeño Ranch Slaw
- **Tuesday:** Easy Egg Roll in a Bowl
- **Wednesday:** Weeknight Beef Quesadillas with Jalapeño Ranch
- **Thursday:** Flex Night / Leftovers
- **Friday:** BBQ Chicken Pan Pizza

## Optional Prep Ahead (Do Once, Save Time All Week)

- Make a batch of the simple braised beef so it is ready to use across multiple meals throughout the week
- Prep a batch of jalapeño ranch ahead of time to use for bowls, quesadillas, and pizza
- Cook a large batch of rice to use for the egg roll bowls and quesadillas
- Prep the sourdough pizza dough earlier in the week so it is ready for Friday pizza night
- Shred cheese and prep toppings ahead of time for easier dinner assembly during the week
- Chop vegetables like cabbage, onions, cilantro, ahead of time if desired

## Pantry Staples Checklist

Olive oil  
Toasted sesame oil  
Soy sauce  
Oyster sauce  
Rice vinegar  
Distilled White Vinegar  
Apple cider vinegar  
Tomato paste  
Worcestershire sauce  
Garlic powder

Onion powder  
Salt & Pepper  
Everything But the Elote seasoning or chili powder  
Gochujang  
Barbecue sauce  
Sesame seeds  
Honey  
Flour for sourdough starter feeding

## Grocery List

### Meat & Protein

- 4-5 pound chuck roast
- 2 pounds ground beef
- 1 pound chicken breast
- Active sourdough starter

### Dairy

- Shredded mozzarella cheese (2 cups)
- Shredded cheese for quesadillas (2 cups)
- Sour cream
- Homemade mayo or store-bought mayo

### Grains & Dry Goods

- Rice
- Pinto beans
- Tortillas
- Hard red wheat berries
- Kamut berries

### Produce

- Sweet potatoes - 1 per person
- 1 large onion
- Garlic
- Fresh ginger
- 4 bags coleslaw mix OR shred your own cabbage, carrots, and red cabbage or kale. (This will be used for the slaw and also the egg roll in a bowl and any extra slaw can be eaten later in the week.)
- Fresh dill
- Fresh parsley
- Fresh chives
- 1 jalapeño
- Fresh cilantro
- 1/2 small red onion

## Simple Braised Beef Bowls with Roasted Sweet Potatoes & Jalapeño Ranch Slaw

Recipe: <https://christinesnotebook.com/braised-beef-bowls-with-roasted-sweet-potatoes-jalapeno-ranch-slaw/>

Tender braised beef served over roasted sweet potatoes with crunchy slaw and creamy jalapeño ranch.

Main Ingredients:

- Chuck roast
- Sweet potatoes
- Chopped cabbage, red cabbage(or kale) and shredded carrots, OR 2 bags of coleslaw mix
- Jalapeño ranch
- Onion
- Garlic
- Tomato paste
- Elote seasoning or chili powder

## Easy Egg Roll in a Bowl

Recipe: <https://christinesnotebook.com/one-pan-egg-roll-in-a-bowl/>

A quick one pan dinner packed with savory ground beef, cabbage, and bold flavor.

Main Ingredients:

- Ground beef
- Coleslaw mix
- Soy sauce
- Oyster Sauce
- Toasted sesame oil
- Ginger

- Gochujang
- Rice vinegar
- Rice

## **Weeknight Beef Quesadillas with Jalapeño Ranch**

Recipe: <https://christinesnotebook.com/weeknight-beef-quesadillas-with-jalapeno-ranch/>

Crispy quesadillas filled with braised beef, rice, beans, melty cheese, and jalapeño ranch.

Main Ingredients:

- Braised beef
- Tortillas
- Rice
- 1 can or 2 cups cooked Pinto beans
- Shredded cheese
- Fresh cilantro
- Jalapeño ranch

## **BBQ Chicken Pan Pizza**

Recipe: <https://christinesnotebook.com/bbq-chicken-pizza/>

Pan pizza topped with barbecue chicken, mozzarella, red onions, cilantro, and jalapeño ranch.

Main Ingredients:

- Sourdough pizza dough
- Chicken breast
- Barbecue sauce
- Mozzarella cheese

- Red onion
- Fresh cilantro
- Jalapeño ranch

## **Sourdough Pizza Crust with 100% Freshly Milled Flour**

Recipe: <https://christinesnotebook.com/sourdough-pizza-crust-with-100-freshly-milled-flour/>

A hearty freshly milled sourdough pizza dough perfect for homemade pizza nights.

Main Ingredients:

- Hard red wheat berries
- Kamut berries
- Active sourdough starter
- Filtered water
- Sea salt
- Olive oil