

## A Full Week of Dinners - 3

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This week's meal plan is built around one big batch of Greek Lemon Herb Pot Roast that gets transformed into multiple dinners throughout the week. A little prep on the front end makes dinner feel easy, while ingredient overlap helps reduce waste and simplify your grocery shopping.

You'll reuse ingredients like fennel, cucumbers, and braised beef throughout the week while still enjoying meals that feel completely different from one another.

### Weekly Dinner Plan

- Monday: Basil Beef Rice Bowls
- Tuesday: Greek Lemon Herb Pot Roast
- Wednesday: Crispy Braised Chuck Roast Gyros with Fennel Slaw
- Thursday: Flex Night / Leftovers
- Friday: Skillet Shells and Cheese with Grilled Chicken and Fennel Slaw

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

- Prepare the Greek Lemon Herb Pot Roast early in the week and reserve extra meat for gyros.
- Make a batch of Charred Lemon Crème Fraîche Dressing to use for both the pot roast dinner and fennel slaw later in the week.
- Thinly slice the fennel and store it in the refrigerator for quick slaw assembly.
- Mix up a batch of homemade tzatziki sauce.
- Cook extra rice for the Basil Beef Rice Bowls and future lunches.
- Prep cucumbers for both the beef bowls and tzatziki.

## Pantry Staples Checklist

|                   |                |
|-------------------|----------------|
| Olive oil         | Chicken broth  |
| Coconut oil       | Dry white wine |
| Soy sauce         | Salt           |
| Fish sauce        | Black pepper   |
| Rice vinegar      | Nutmeg         |
| Brown sugar       | Honey          |
| Dijon mustard     | Breadcrumbs    |
| All purpose flour | Mayonnaise     |
| Sriracha          |                |

## Grocery List

### Meat & Protein

|  |                      |
|--|----------------------|
| 2 small or 1 large chuck roast (5 to 6 pounds) | 2 pounds ground beef |
| 2 to 3 pounds chicken breasts                  |                      |

### Dairy

|                           |   |
|---------------------------|---|
| Whole milk (4 cups)       | Shredded monterey jack cheese (or any melting cheese of choice) |
| Crème fraîche (16 ounces) | Shredded mozzarella cheese                                      |
| Shredded cheddar cheese   |   |

### Produce

|                         |                               |
|-------------------------|-------------------------------|
| 2 fennel bulbs          | 2 bell peppers                |
| 2 cucumbers             | 1 head red cabbage (optional) |
| 2 lemons                | Fresh garlic                  |
| 1 lime                  | Fresh oregano                 |
| 2 onions                | Fresh thyme                   |
| 2 heads romaine lettuce | Fresh basil                   |
|                         | Fresh rosemary                |

### Grains & Bread

|             |                    |
|-------------|--------------------|
| White rice  | Naan or pita bread |
| Shell pasta | Breadcrumbs        |

### Optional Toppings & Extras

|             |                            |
|-------------|----------------------------|
| Chili crisp | Tzatziki sauce ingredients |
| Avocado     | Extra fresh herbs          |

## **Basil Beef Rice Bowls**

Recipe: <https://christinesnotebook.com/basil-beef-rice-bowls/>

A quick and flavorful weeknight dinner featuring savory basil beef, fresh vegetables, fluffy rice, and a crisp cucumber salad. Ready in about 30 minutes and easy to customize for the whole family.

### **Main Ingredients:**

- Ground beef
- Bell peppers
- Onion
- Fresh basil
- Soy sauce
- Fish sauce
- Rice
- Cucumber
- Sriracha mayo

## **Greek Lemon Herb Pot Roast**

Recipe: <https://christinesnotebook.com/greek-lemon-herb-pot-roast/>

Tender beef is slowly braised with fresh herbs, garlic, lemon, and white wine until perfectly fork tender. Served with crispy roasted potatoes and a creamy charred lemon dressing.

### **Main Ingredients:**

- Chuck roast
- Lemon
- Fresh oregano
- Fresh thyme
- Garlic
- Fennel seed
- White wine
- Chicken broth
- Russet potatoes
- Charred Lemon Crème Fraîche Dressing

## **Crispy Braised Chuck Roast Gyros with Fennel Slaw**

Recipe: <https://christinesnotebook.com/crispy-braised-chuck-roast-gyros-easy-leftover-dinner/>

Leftover braised beef gets crisped in a skillet and tucked into warm naan with creamy tzatziki and fresh fennel slaw. A simple second night dinner that feels completely different from the original roast.

### **Main Ingredients:**

- Leftover braised chuck roast
- Naan or pita
- Tzatziki sauce
- Fennel
- Romaine lettuce
- Charred Lemon Crème Fraîche Dressing

## **Skillet Shells and Cheese with Grilled Chicken and Fennel Slaw**

Recipe: <https://christinesnotebook.com/skillet-shells-and-cheese/>

Rich and creamy homemade mac and cheese topped with crispy breadcrumbs and served alongside grilled chicken and fresh fennel slaw. Comfort food balanced with plenty of fresh flavor.

### **Main Ingredients:**

- Shell pasta
- Cheddar cheese
- Mozzarella cheese
- Monterey jack cheese (or another melting cheese of choice)
- Whole milk
- Grilled chicken
- Fennel slaw
- Charred Lemon Crème Fraîche Dressing