

A Full Week of Dinners - 4

www.christinesnotebook.com

This week's meal plan uses four simple family dinners with plenty of ingredient overlap. Chicken, ground beef, fresh vegetables, rice, potatoes, and a few sauces carry you through the week without every dinner feeling the same.

A 2 pound bag of green beans is split between two meals, and Thursday stays open for leftovers or anything that needs to be used up.

Weekly Dinner Plan

- **Monday:** California Style Salmon Rice Bowls with Creamy Sriracha Lime Sauce
- **Tuesday:** Chicken and Potatoes with Garlic Herb Cream Sauce with Green Beans
- **Wednesday:** Homemade Sloppy Joes
- **Thursday:** Flex Night / Leftovers
- **Friday:** Caramelized Onion Meatloaf with Green Beans

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

- Make the creamy Sriracha lime sauce for the salmon bowls. (Don't do this more than two days in advance for fresher flavor)
- Cook the rice ahead of time or rinse and measure it so it is ready to go.
- Sloppy joe meat can be made fully in advance and reheated in a skillet for dinner.
- Dice the onions and peppers, and mince the garlic needed throughout the week.
- Trim the 2 pound bag of green beans and divide it between Tuesday and Friday.
- Prepare half a batch of the meatloaf mixture and refrigerate it until Friday.

Pantry Staples Checklist

Olive oil
Salt
Black pepper
Italian seasoning
All purpose flour
Chicken stock
White rice
Ketchup
Tomato paste
Rolled oats or breadcrumbs
Mayonnaise – homemade preferred!
Sriracha

Brown sugar
Smoked paprika
Ancho chili powder
Garlic powder
Onion powder
Worcestershire sauce
Yellow mustard
Honey
White vinegar
Mineral salt (optional)

Grocery List

Meat & Protein

2 pounds salmon
4 pounds ground beef

3 pounds boneless skinless chicken thighs

Dairy

Half and half (½ cup)
Greek yogurt (¼ cup)
Eggs (2)

Grated Parmesan cheese (½ cup)
Salted butter
Milk, optional for meatloaf

Produce

2 pounds Yukon Gold potatoes
4 large onions
Fresh garlic
Fresh basil
2 English cucumbers
2 limes
1 small red onion

2 pound bag green beans
1 green bell pepper
Fresh thyme
Kale or spinach
2 avocados
Fresh cilantro
2 zucchini

Grains & Bread

White rice
Rolled oats or breadcrumbs

Hamburger buns

Optional Toppings & Extras

Pickles
Watermelon or simple salad

California Style Salmon Rice Bowls with Creamy Sriracha Lime Sauce

Recipe: <https://christinesnotebook.com/california-style-salmon-rice-bowls/>

Smoky, lightly sweet salmon is served over fluffy rice with a fresh avocado cucumber salad and creamy Sriracha lime sauce. It is a bright, easy dinner that comes together quickly at the beginning of the week.

Main Ingredients:

- Salmon
- Brown sugar
- Smoked paprika
- Ancho chili powder
- White rice
- Chicken stock
- Cucumber
- Avocado
- Red onion
- Cilantro
- Lime
- Creamy Sriracha lime sauce

Chicken and Potatoes with Garlic Herb Cream Sauce

Recipe: <https://christinesnotebook.com/chicken-and-potatoes-with-garlic-herb-cream-sauce/>

Golden chicken thighs and Yukon Gold potatoes bake in a creamy garlic herb sauce with greens and Parmesan. Serve it with half of the green beans for a simple, filling dinner.

Main Ingredients:

- Boneless skinless chicken thighs
- Yukon Gold potatoes
- Onion
- Garlic
- Fresh thyme
- Kale or spinach
- Fresh basil
- Chicken stock
- Half and half
- Parmesan cheese
- Green beans

Homemade Sloppy Joes

Recipe: <https://christinesnotebook.com/homemade-sloppy-joes/>

A nostalgic family dinner made with ground beef, peppers, onions, and a rich tomato sauce that is sweet, tangy, and a little smoky. Toast the buns before serving and add pickles on top.

Main Ingredients:

- Ground beef
- Onion
- Green pepper
- Garlic
- Crushed tomatoes or tomato sauce
- Tomato paste
- Ketchup
- Worcestershire sauce
- Yellow mustard
- Brown sugar
- Smoked paprika
- Buns
- Pickles

Thursday Flex Night / Leftovers

Use Thursday to finish any leftover chicken, salmon bowls, or sloppy joe filling. This is also a good night to use extra rice, vegetables, buns, or green beans before making the final dinner of the week.

Freezer Friendly Meatloaf with Zucchini and Caramelized Onions

Recipe: <https://christinesnotebook.com/freezer-friendly-zucchini-caramelized-onion-meatloaf/>

This tender meatloaf is filled with caramelized onions, zucchini, and oats, then finished with a simple tangy glaze. Make half of the original bulk prep recipe for one family dinner and serve it with the remaining green beans.

Main Ingredients:

- 2 pounds ground beef
- 2 large yellow onions
- ½ zucchini
- ½ cup rolled oats or breadcrumbs
- 2 eggs
- Garlic
- Tomato paste
- Ketchup
- Worcestershire sauce
- Italian seasoning
- Garlic powder
- Onion powder
- Simple meatloaf glaze
- Green beans

Half Batch Note: *The recipe on the blog makes two large freezer portions. For this meal plan, cut every ingredient in half to make one batch. Shape it into one large loaf or divide it into two smaller loaves so it cooks a little faster. Leftover slices are also great for sandwiches over the weekend.*