

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Artichoke Chicken + Rice	Sausage Penne Pasta	Chicken Bacon Artichoke Pizza	Beef Corn Mac	YOUR CHOICE	Date Night

DAY 1

Family Dinner

NOTES

SHOPPING LIST

-
-
-
-
-

DAY 2

Artichoke Chicken + Rice

NOTES

Prepare Artichoke Chicken according to package.
Serve over rice with steamed broccoli on the side.

SHOPPING LIST

- Rice
- Broccoli + Ranch
-
-
-

* Broccoli can be substituted for a vegetable of your choice.

* Save 1/3 cup sauce and ~1 1/2 cups chicken for Wednesday (Day 4) meal. Keep the sauce and chicken separate from each other when storing.

DAY 3

Sausage Penne Pasta

NOTES

Prepare Sausage Penne according to package. Serve over pasta with a side salad and french bread. Save leftovers for lunches.

SHOPPING LIST

- Pasta (style of choice)
- French Bread
- Salad Mix
-
-

DAY 4

Chicken Bacon Artichoke Pizza

SHOPPING LIST

- Pillsbury Pizza Crust
- Bacon Crumbles
- Mozzarella Cheese
- Parmesan Cheese
- Feta Cheese
- Spinach
- Italian Seasoning

DAY 5

Beef Corn Mac

SHOPPING LIST

- Cornbread
- Cheddar Cheese (optional serving topping)
-
-
-

DAY 6

YOUR CHOICE

SHOPPING LIST

-
-
-
-
-

DAY 7

Date Night

SHOPPING LIST

-
-
-
-
-

NOTES

Using Monday's (Day 2) leftover Artichoke Chicken sauce and chicken, follow the recipe for Chicken Bacon Artichoke Pizza on our website > our meals > Artichoke Chicken.

* The recipe on our website calls for alfredo sauce for the pizza sauce, I plan on using the Artichoke Chicken sauce I saved instead.

NOTES

Prepare Beef Corn Mac according to package. Serve topped with cheddar cheese and a side of cornbread. Save leftovers for lunches.

NOTES

NOTES