

# Let's eat!

WEEK OF

Crockpot meals

DINNER

S U

Tandoori chicken bowls  
serve w/ rice and hummus

M

Taco soup

T

Pork loin roast  
serve w/ potatoes + salad

W

Breakfast casserole

T H

Beef stew

F

Zuppa Toscana

S A

Salsa chicken tacos

BREAKFAST

Egg muffins (make-ahead)  
Cereal

LUNCH

Leftovers  
Lemony chickpea tuna salad  
(make-ahead)

SNACKS

Cottage cheese + crackers  
Fruit + PB

DON'T FORGET...

Like this meal planning layout? Check out [sydnord.com/shop](https://sydnord.com/shop)  
to snag your digital or physical notepad.

# Let's plan!

## MEALS

Tandoori chicken bowls

Taco soup

Pork loin roast

Breakfast casserole

Beef stew

Zuppa Toscana

Salsa chicken tacos

## STORE:

Seasoning, oil, + other things  
you might already have...

garam masala, chili powder, honey,

garlic powder, cumin, turmeric,

ground ginger, cayenne pepper,

olive oil, dried basil, soy sauce, salt

corn starch, garlic, red pepper flakes

## GROCERIES

## STORE:

boneless chicken thighs

coconut milk

ground beef, taco seasoning packet

tomato paste, tomato sauce, corn,

black beans, onion, shredded cheese

tortilla chips, avocado

pork loin, shredded hash browns

ground breakfast sausage, eggs

milk, shredded cheddar

beef stewing beef cubes

large carrots, celery, potatoes

beef broth, tomato paste

ground mild Italian sausage

bacon, onion, chicken broth, spinach

heavy cream, potatoes

chicken breast

salsa, tortilla, avocado, lettuce