



MEAL PLAN WEEK 29

Recipe Ideas and Prep Instructions

MONDAY



CHICKEN CASSEROLE

Million Dollar Chicken Casserole is an easy comfort food with chicken in a creamy sauce topped with buttery Ritz crumbs, perfect for busy weeknights.

TUESDAY



HAMBURGER HELPER

This one-pot recipe combines lean ground beef and macaroni in a cheesy, tomato-based sauce for a satisfying, crowd-pleasing dinner in under 30 minutes!

WEDNESDAY



CHANA MASALA

Aromatic and lightly spicy, this recipe has a rich, deep flavor. It's a delicious vegan curry option for main meals and is ready to serve in 30 minutes!

THURSDAY



CAJUN SHRIMP PASTA

Creamy and packed full of warming spices, my creamy cajun shrimp pasta makes the perfect mid-week meal and is quick and easy to make.

FRIDAY



MEDITERRANEAN SALAD

This salad is fresh, vibrant, and easy to make — packed with crunchy veggies, chickpeas, feta, and a simple lemon dressing.

Bonus!



GRANOLA

Make the best granola using a simple formula with endless variations, perfect for yogurt, fruit, smoothies, and more.