

# MEAL PLANNING with

# Food & Whine

## PART 2

Now that you're more familiar with the basics of meal-planning, tried out some of my sample menu plans from Part 1, and maybe created a few of your own plans, I'm going to share more advanced meal-planning techniques with you. If you like a less structured, free-form method of planning meals, and you're comfortable experimenting in the kitchen, this is the system for you.

### **Advanced Meal Planning:**

- Do a weekly grocery-shop first, shopping for sale items.
- Create a menu for the week based on the food you bought and what you already had on hand.
- For ideas, have a list of basic types of recipes, and use your on-hand ingredients to customize them:
  - Stews
  - Casseroles
  - Soups
  - Indian- Curries, Dal
  - Mexican- Tacos, Quesadillas, Chilies
  - Slow-Cooker (for busy days)
  - Stir-Fry
  - Pizza
  - Pasta
  - Burgers
  - Meat and potatoes (or other sides of your choice)
  - Breakfast for dinner (pancakes, eggs, French toast, etc.)
- Make a binder of your most-used "staple" recipes for more ideas.

This is the way that I now plan my meals for the week. I've discovered I'm horrible at sticking to a structured plan, so this allows me to get creative and make what I feel like. Also, I find that I waste less food and save more money this way, because I'm shopping for sales and using what I have on hand.

## MEAL PLANNING ARCHIVE- Part 2

### WEEK 13



**Tuesday:** [Potato and Salsa Frittata](#)

**Wednesday:** [Multigrain Pancakes](#) and Turkey Bacon

**Thursday:** [Pizza Soup](#)

**Friday:** [Chicken and Vegetable Penne](#)

**Saturday:** [Vegetable Lentil Curry](#)

**Sunday:** [Chicken Mole](#)

**Monday:** [Sweet Potato Gardener's Pie](#)

### WEEK 14:



**Tuesday:** [Lasagna-Style Quinoa with Kale](#)

**Wednesday:** Tomato Soup Mac & Cheese

**Thursday:** Chicken Pot Pie

**Friday:** Pesto Chicken Kabobs

**Saturday:** Lentil and Sausage Stew

**Sunday:** Sweet Potato, Chickpea and Quinoa Stew

**Monday:** Slow-Cooker Butternut Squash & Sweet Potato Soup

## WEEK 15



**Tuesday:** Beef and Bean Oven Tacos

**Wednesday:** Baked Ziti

**Thursday:** Crockpot Gyros

**Friday:** Sweet Potato Packets

**Saturday:** Eggs, Hashbrowns and Turkey Bacon

**Sunday:** Salmon Patties

**Monday:** Drip Beef

**WEEK 16**

**Tuesday:** Lemon and Clam Pasta

**Wednesday:** Bacon and Caramelized Onion Pizza

**Thursday:** Yogurt Pancakes

**Friday:** Chicken Mole Quesadillas

**Saturday:** Homemade Baked Beans

**Sunday:** Black Bean Veggie Burgers

**Monday:** Stoplight Corn Chowder

**WEEK 17:**

**Tuesday:** Slow-Cooker Roast Beef

**Wednesday:** Beef Dip Sandwiches

**Thursday:** Squaggetti and Meat Sauce

**Friday:** Perogies and Turkey Kielbasa

**Saturday:** Pita Pockets with Greek Salad and Hummus

**Sunday:** Black Bean and Sausage Enchilada Casserole

**Monday:** Southwest Crockpot Chicken

**WEEK 18:**



**Tuesday:** White Chili Casserole

**Wednesday:** Cheeseburgers and Yam Fries

**Thursday:** Crockpot Baked Potatoes

**Friday:** Chicken Spring Rolls

**Saturday:** Butternut Squash Ravioli

**Sunday:** Sticky Chicken with broccoli and rice

**Monday:** Potato Leek Soup

**WEEK 19:**

**Tuesday:** Slow-Cooker Apple Maple Pork Tenderloin

**Wednesday:** Potato Leek Soup and Tuna Melts

**Thursday:** Chicken, Rice and Edamame Beans

**Friday:** Ham and Pineapple Noodles

**Saturday:** Homemade Pizza

**Sunday:** Cheesy Ham and Broccoli Casserole

**Monday:** Mexican Lasagna

**WEEK 20:**

**Tuesday:** Simple Honey Mustard Chicken

**Wednesday:** Vegetable Penne

**Thursday:** Chicken Stir Fry

**Friday:** Chicken and Spinach Taquitos

**Saturday:** Cheesy Shells with Broccoli

**Sunday:** Hawaiian Meatballs

**Monday:** Mini Meatball Sandwiches

**WEEK 21:**

**Tuesday:** Classy Chicken

**Wednesday:** Italian Sausage Pasta Bake

**Thursday:** Pumpkin Chili

**Friday:** Harira

**Saturday:** Hot Dogs Topped with Pumpkin Chili and Cheese

**Sunday:** Slow-Cooker Ribs

**Monday:** Perogie Casserole

**WEEK 22:**

**Tuesday:** Mexican Cornbread Strata

**Wednesday:** Eggs and Hashbrowns

**Thursday:** Spinach and Pesto Tortellini

**Friday:** Orange Chicken

**Saturday:** Chicken Peanut Soup

**Sunday:** Pumpkin Enchiladas

**Monday:** Mayo-less Egg Salad sandwiches

### **WEEK 23:**



**Tuesday:** Black Bean Burgers

**Wednesday:** Quinoa Chicken Nuggets and veggies

**Thursday:** Bow-Tie Pasta with Tuna

**Friday:** Roast Chicken with Potatoes and Beets

**Saturday:** Mexican Chicken Crockpot Soup

**Sunday:** Bacon and Bok Choy Chow Mein

**Monday:** Grilled Pizza

**WEEK 24:**

**Tuesday:** Teriyaki Lime Glazed Pork Tenderloin

**Wednesday:** Pulled Pork Sandwiches

**Thursday:** Spinach and Feta Frittata

**Friday:** Lemon, Spinach and Chickpea Spaghettini

**Saturday:** Sausage Kabobs

**Sunday:** Creamy Gnocchi Soup

**Monday:** Chili