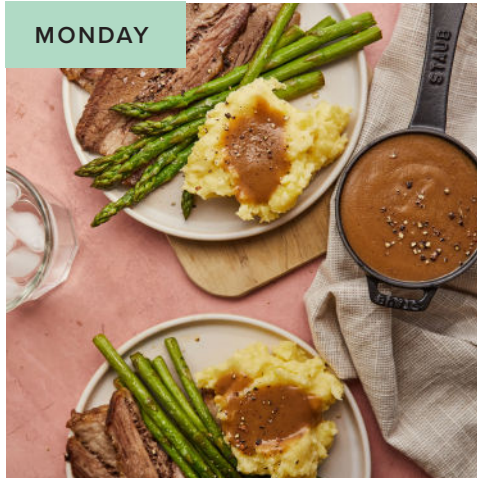


MEAL PLAN

Below you'll find a sample schedule for this week's meals!

number of servings: 18 total



BEEF MEAL #1

Classic Brisket with
Gravy, Mashed Potatoes,
and Asparagus

RECIPE PAGE 92 / SERVES 5



TURKEY MEAL #1

Asian-Inspired Lettuce
Wraps with Rice Noodles

RECIPE PAGE 82 / SERVES 4



BEEF MEAL #2

Mongolian Beef Bowls

RECIPE PAGE 93 / SERVES 4



TURKEY MEAL #2

Turkey Taco Casserole

RECIPE PAGE 83 / SERVES 5

SHOPPING LIST

FRESH PRODUCE

- Asparagus, 1 bunch
- Carrots, shredded, ½ cup
- Green onions, 1 ½ bunches
- Lemon, ½
- Lettuce, butter, 6 leaves
- Lettuce, shredded, 2 cups
- Limes, 3
- Potatoes, Yukon Gold, 1 ½ pounds
- Tomato, large, 1

MEAT

- Beef brisket, 5 pounds
- Turkey, ground, 3 pounds

DAIRY

- Butter, salted, 3.45 ounces (7 tablespoons)
- Monterey jack cheese, shredded, 4 ounces (1 cup)
- Sour cream, 6 ounces (¾ cup)

PANTRY

- Broth, beef, 4 fluid ounces (½ cup)
- Broth, chicken, 2 fluid ounces (¼ cup)
- Coconut aminos, 17 fluid ounces (2 cups, plus 2 tablespoons)
- Fish sauce, ½ teaspoon
- Flour, all-purpose, 2 tablespoons
- Olive oil, extra-virgin, 3 tablespoons, plus 1 teaspoon
- Olives, black, sliced, 1 (2.25-ounce) can
- Refried beans, or whole black beans, 1 (16-ounce) can
- Rice, white, 6.35 ounces (1 cup)
- Rice noodles, thin, 1 (8.8-ounce) package
- Sesame oil, toasted, 2 teaspoons
- Soy sauce, 2 fluid ounces (¼ cup)
- Vinegar, balsamic, 2 fluid ounces (¼ cup)

SPICES

- Chili powder, mild, 2 teaspoons
- Cumin, ground, 1 teaspoon
- Garlic powder, 2 teaspoons
- Ginger, ground, 1 teaspoon
- Oregano, dried, ½ teaspoon
- Red pepper flakes, 1 ½ teaspoons
- Sesame seeds, white, 1 tablespoon, plus 1 teaspoon

MEAL PREP CHECKLIST

If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Cook the ground turkey for the Asian-Inspired Lettuce Wraps and the Turkey Taco Casserole. Once cooked through, transfer half of the ground turkey (about 3 ½ cups) to an airtight container and store in the refrigerator.
- ✓ Make the mashed potatoes for the Classic Brisket. Let cool slightly, then store in an airtight container in the refrigerator.
- ✓ Cook the white rice for the Mongolian Beef Bowls. Once slightly cooled, transfer to an airtight container and store in the refrigerator.
- ✓ Make the sauce for the Mongolian Beef Bowls by following steps 3 and 4 in the recipe. Store in an airtight container in the refrigerator.
- ✓ Assemble the Turkey Taco Casserole, then cover with aluminum foil and store in the refrigerator until ready to bake.