



# KID FRIENDLY MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"I picked meals that are easy to adjust if you have a picky eater, so go ahead and adjust the toppings, seasonings, or even the protein to your family's needs."

### MONDAY

#### INSTANT POT LASAGNA



[RECIPE HERE](#)

### TUESDAY

#### TACO PIZZA



[RECIPE HERE](#)

### WEDNESDAY

#### HAWAIIAN HAYSTACKS



[RECIPE HERE](#)

### THURSDAY

#### KOREAN GROUND BEEF BOWLS



[RECIPE HERE](#)

### FRIDAY

#### CHEESEBURGER SOUP



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- LEAN GROUND BEEF (4 1/2 LBS)
- COOKED CHICKEN (3 CUPS)

### PRODUCE

- FRESH PARSLEY (GARNISH)
- WHITE ONION (2)
- ICEBERG LETTUCE (1/2 CUP)
- TOMATOES (1 CUP, MORE FOR TOPPING)
- JALAPENOS (1-2, OPTIONAL)
- GREEN ONIONS (TOPPING)
- GARLIC (3 CLOVES)
- SHREDDED CARROTS (3/4 CUP)
- CELERY (3-4 RIBS)
- POTATOES (4 CUPS, ABOUT 2 LBS)

### DAIRY

- RICOTTA CHEESE (1 CUP)
- SHREDDED MOZZARELLA (1 CUP)
- SHREDDED COLBY JACK (2 CUPS)
- SOUR CREAM (1 1/4 CUP)
- MILK (1 1/2 CUP + 2/3 CUP)
- ANY SHREDDED CHEESE (TOPPING)

### CANNED GOODS

- REFRIED BEANS (1 15-OZ CAN)
- BLACK OLIVES (1 2.25-OZ CAN, MORE FOR TOPPING)
- CREAM OF CHICKEN SOUP (2 10.75-OZ CANS)
- MANDARIN ORANGES (TOPPING)
- PINEAPPLE TIDBITS (TOPPING)

### PANTRY STAPLES

- OLIVE OIL (1 TBSP)
- MARINARA SAUCE (24 OZ)
- BOWTIE PASTA (1 LB)
- REFRIGERATED PIZZA DOUGH (1)
- CORNMEAL (2 TSP)
- COOKED RICE (5 CUPS)
- CRUNCHY CHOW MEIN NOODLES (TOPPING)
- BROWN SUGAR (1/4 CUP)
- SOY SAUCE (1/4 CUP)
- SESAME OIL (2 TSP)
- CHICKEN BROTH (3 CUPS)
- FLOUR (1/4 CUP)
- VELVEETA (2 CUPS)

### SEASONINGS

- ONION POWDER (2 TSP)
- GARLIC POWDER (1 TSP)
- ITALIAN SEASONING (1 TBSP + 1 TSP)
- TACO SEASONING (1 PKG, OR 3 TBSP)
- GROUND GINGER (1/4 TSP)
- CRUSHED RED PEPPER (1/4 TSP)
- SESAME SEEDS (GARNISH)
- DRIED BASIL (1 TSP)
- DRIED PARSLEY (1 TSP)
- SALT AND PEPPER