



GRAB AND GO MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"These meals have minimal preparation, but you can do whatever chopping or assembly ahead of time so when dinner rolls around they come together SO quickly!"

MONDAY

AIR FRYER GRILLED CHEESE



[RECIPE HERE](#)

TUESDAY

GRAPE JELLY MEATBALLS



[RECIPE HERE](#)

WEDNESDAY

DILL PICKLE CHICKEN SALAD



[RECIPE HERE](#)

THURSDAY

AIR FRYER HOT DOGS



[RECIPE HERE](#)

FRIDAY

FAJITA STYLE QUESADILLAS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ FROZEN MEATBALLS (32 OZ)
- ☐ SHREDDED CHICKEN (2 ½ CUPS)
- ☐ HOT DOGS (4)

DAIRY

- ☐ CHEDDAR CHEESE (2 SLICES)
- ☐ SALTED BUTTER (1 TBSP)
- ☐ SHREDDED MONTEREY JACK (8 OZ)

PRODUCE

- ☐ CELERY (½ CUP)
- ☐ GREEN ONIONS (½ CUP)
- ☐ ONION (1)
- ☐ BELL PEPPERS (1 GREEN, 1 RED)

PANTRY STAPLES

- ☐ MAYONNAISE (½ CUP + 2 TBSP)
- ☐ GRAPE JELLY (1 28-OZ JAR)
- ☐ HEINZ CHILI SAUCE OR ANY BBQ SAUCE (1 ½ CUP)
- ☐ CORNSTARCH (1 TBSP)
- ☐ HOT SAUCE (OPTIONAL)
- ☐ DILL PICKLES (1 ¾ CUP)
- ☐ DIJON MUSTARD (1 TBSP)
- ☐ RELISH (TOPPING)
- ☐ KETCHUP (TOPPING)
- ☐ YELLOW MUSTARD (TOPPING)
- ☐ CANOLA OIL (1 TBSP)

SEASONINGS

- ☐ GARLIC POWDER (½ TSP)
- ☐ DRIED DILL (1 TSP)
- ☐ SALT AND PEPPER

BREAD

- ☐ SOURDOUGH BREAD (4 SLICES)
- ☐ CROISSANTS OR BREAD (FOR SERVING)
- ☐ HOT DOG BUNS (4)
- ☐ TORTILLAS (4)

DID YOU KNOW THAT AIR
FRYERS ARE BASICALLY
MINIATURE CONVECTION
OVENS?

NO AIR FRYER? USE THE OVEN!

TO MAKE AN AIR FRYER RECIPE IN THE
OVEN, INCREASE THE TEMPERATURE BY
25 DEGREES AND ADD ABOUT 20% MORE
COOK TIME (ABOUT 1-2 MINUTES FOR
THESE RECIPES!)