



EASY RECIPES FOR BEGINNER COOKS MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Veggie stir fry makes a delicious main course, but it is also great as a side dish! Double the recipe when you prepare it and reserve half to serve on the side with the Korean beef + rice bowls later in the week."

MONDAY

MILLION DOLLAR SPAGHETTI



[RECIPE HERE](#)

TUESDAY

VEGETABLE STIR FRY



[RECIPE HERE](#)

WEDNESDAY

OLIVE GARDEN CROCKPOT CHICKEN



[RECIPE HERE](#)

THURSDAY

SWEDISH MEATBALLS



[RECIPE HERE](#)

FRIDAY

KOREAN BEEF & RICE BOWLS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 ½ LBS)
- ☐ LEAN GROUND BEEF (3 LB)
- ☐ MILD ITALIAN SAUSAGE (½ LB)

DAIRY

- ☐ BUTTER (½ CUP + 1 TBSP)
- ☐ CREAM CHEESE (2 8-OZ BLOCKS)
- ☐ RICOTTA (1 CUP)
- ☐ SHREDDED MOZZARELLA (2 ½ CUPS)
- ☐ GRATED PARMESAN (1 CUP)
- ☐ HEAVY CREAM (1 CUP)

PANTRY STAPLES

- ☐ SPAGHETTI (12 OZ)
- ☐ PASTA OF CHOICE (16 OZ)
- ☐ MARINARA SAUCE (2 24-OZ JARS)
- ☐ OLIVE OIL (3 TBSP)
- ☐ SOY SAUCE (½ CUP)
- ☐ BROWN SUGAR (¼ CUP + 3 TBSP)
- ☐ SESAME OIL (3 TSP)
- ☐ CHICKEN BROTH (½ CUP)
- ☐ BEEF BROTH (2 CUPS)
- ☐ CORNSTARCH (1 TBSP)
- ☐ OLIVE GARDEN DRESSING (16 OZ)
- ☐ COOKED RICE (FOR SERVING)
- ☐ PANKO (¼ CUP)
- ☐ WORCESTERSHIRE (1 TBSP)
- ☐ DIJON MUSTARD (1 TSP)

PRODUCE

- ☐ ONION (1)
- ☐ GARLIC (7 TSP)
- ☐ BELL PEPPERS (1 RED, 1 YELLOW)
- ☐ ZUCCHINI (1 SMALL)
- ☐ SUGAR SNAP PEAS (1 CUP)
- ☐ CARROTS (2 MEDIUM)
- ☐ MUSHROOMS (1 CUP)
- ☐ BROCCOLI (2 CUPS)
- ☐ FRESH PARSLEY (1 TBSP)
- ☐ GREEN ONIONS (GARNISH)

CANNED GOODS

- ☐ BABY CORN (1 15-OZ CAN)
- ☐ WATER CHESTNUTS (1 8-OZ CAN)

SEASONINGS

- ☐ ITALIAN SEASONING (1 TSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ GROUND GINGER (¼ TSP)
- ☐ RED PEPPER FLAKES (¼ TSP)
- ☐ GROUND ALLSPICE (¼ TSP)
- ☐ GROUND NUTMEG (¼ TSP)
- ☐ GARLIC POWDER (½ TSP)
- ☐ SALT AND PEPPER