



THEME NIGHT DINNERS

🔍 Run a quick search on [kimschob.com](https://www.kimschob.com) for any of these dinner ideas and choose a recipe you'd like to try!

Meatless Night

- VEGGIE CURRY
- MEDITERRANEAN FALAFEL BOWL
- EGGPLANT LASAGNA
- SOUTHWESTERN BLACK BEAN BURRITO
- BLACK BEAN BURGER & FRIES
- SPICY RICE & LENTIL STUFFED PEPPERS
- SMOKY BEAN & VEGETABLE CHILI

Pasta Night

- SPAGHETTI CARBONARA
- CLASSIC LASAGNA WITH BÉCHAMEL SAUCE
- CREAMY TUSCAN CHICKEN PASTA
- BAKED MACARONI & CHEESE
- SPAGHETTI BOLOGNESE
- WHITE BEAN PESTO PASTA
- GARLIC & HERB BUTTER PASTA

Soup Night

- WHITE BEAN CHICKEN NOODLE SOUP
- BUTTERNUT SQUASH SOUP
- SALMON CHOWDER
- TORTILLA SOUP
- SPICY SAUSAGE & KALE SOUP
- ITALIAN MEATBALL SOUP
- CREAMY MUSHROOM SOUP

Stir Fry Night

- CHICKEN TERIYAKI STIR FRY
- CRISPY BEEF STIR FRY
- VEGGIE NOODLE STIR FRY WITH PEANUT SAUCE
- HONEY GARLIC SALMON STIR FRY
- CHINESE PEPPER STEAK STIR FRY
- SHRIMP FRIED RICE
- SWEET PORK STIR FRY

Sandwich Night

- STEAK & CARAMELIZED ONION SANDWICH
- MEATBALL SUB
- HOT HONEY FRIED CHICKEN SANDWICH
- PULLED PORK SANDWICH
- EGGPLANT PARMESAN SANDWICH
- FRENCH ONION GRILLED CHEESE
- CUBAN SANDWICH

Breakfast Night

- BREAKFAST BURRITO
- BACON EGG & CHEESE SLIDERS
- CHICKEN & WAFFLES
- EGG BENEDICT
- CINNAMON APPLE PANCAKES
- POTATO FRITTATA
- CROQUE MADAME

Sheet Pan Night

- SHEET PAN HONEY SOY SALMON & GREEN BEANS
- SHEET PAN HERB & GARLIC CHICKEN TENDERS & LEMON GARLIC BABY POTATOES
- SHEET PAN SWEET & SPICY SAUSAGE & BELL PEPPERS
- SHEET PAN BAKED CHICKEN SHAWARMA
- SHEET PAN CHIPOTLE LIME SHRIMP & VEGGIES
- SHEET PAN HARISSA CHICKPEAS & POTATOES
- SHEET PAN HONEY BALSAMIC PORKCHOPS & SWEET POTATOES

Instant Pot Night

- INSTANT POT RED WINE SHORT RIBS & MASHED POTATOES
- INSTANT POT LOADED POTATO SOUP
- INSTANT POT CHILI
- INSTANT POT HERB CHICKEN & RICE
- INSTANT POT BEEF STEW
- INSTANT POT PULLED CARNITAS
- INSTANT POT CAULIFLOWER CURRY

Skillet Night

- SKILLET HAMBURGER CASSEROLE
- SKILLET GARLIC BUTTER SHRIMP & ASPARAGUS
- SKILLET PEPPER STEAK WITH MUSHROOM SAUCE
- SKILLET CHICKEN POT PIE
- SKILLET RATATOUILLE
- SKILLET LAMB & ISRAELI COUSCOUS
- SKILLET NACHOS



MEAL PLANNER

This meal plan is for the week of: _____

Monday

BREAKFAST

LUNCH

DINNER

SNACKS/DESSERT

Tuesday

BREAKFAST

LUNCH

DINNER

SNACKS/DESSERT

Wednesday

BREAKFAST

LUNCH

DINNER

SNACKS/DESSERT

Thursday

BREAKFAST

LUNCH

DINNER

SNACKS/DESSERT

Friday

BREAKFAST

LUNCH

DINNER

SNACKS/DESSERT

Saturday

BREAKFAST

LUNCH

DINNER

SNACKS/DESSERT

Sunday

BREAKFAST

LUNCH

DINNER

SNACKS/DESSERT



GROCERY LIST

Produce

Meat

Seafood

Pantry

Pasta/ Grains

Dairy

Frozen

Others