

Weekly meal plan recipes

Seven dinners built around a shared ingredient base, plus breakfasts, lunches, a grocery list sorted by store section, and a three-hour prep session that sets up the week.

Household size: 4 | Estimated grocery cost: \$60–\$80 per week | [pabau.com](#)

1. The seven dinners

Night	Dinner	Core ingredients	Time	Make-ahead
Monday	Sheet pan chicken with roasted vegetables	Chicken breast, bell peppers, carrots, broccoli, onion, olive oil	30 min, mostly oven	Chop vegetables Sunday
Tuesday	One-pot lentil and vegetable stew	Lentils, carrots, onion, garlic, canned tomatoes, stock	25 min active	Freezes well
Wednesday	Ground turkey tacos	Ground turkey, bell peppers, onion, fresh tomatoes, cheddar, tortillas	20 min	Cook filling Sunday
Thursday	Baked salmon with quinoa and greens	Salmon fillets, quinoa, mixed greens, garlic, lemon	25 min	Cook quinoa Sunday
Friday	Pasta with marinara and white beans	Pasta, canned tomatoes, white beans, onion, garlic	20 min	Pantry only
Saturday	Slow cooker chili	Lean ground beef, canned tomatoes, beans, onion, garlic, spices	15 min to assemble	Assemble AM, freezes well
Sunday	Roasted vegetable and chickpea bowl	Chickpeas, broccoli, bell peppers, carrots, quinoa, mixed greens	30 min, mostly oven	Uses the week's leftovers

Onion appears in five of the seven dinners, garlic in four, and canned tomatoes, carrots and bell peppers in three each. That overlap is what keeps the grocery list to one trip.

2. Breakfast, lunch and snacks

Breakfast - Overnight oats, jarred in batches of four - Scrambled egg containers with peppers - Greek yogurt parfaits with frozen berries - Whole-grain toast with eggs or nut butter	Lunch - Last night's dinner, portioned that evening - Quinoa bowls with roasted vegetables - Turkey or bean wraps with salad - Green salad with stored protein on top	Snacks - Hummus with carrot and pepper sticks - Mixed nuts, portioned into small tubs - Fruit, whole and washed on Sunday - Hard cheese with whole-grain crackers
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3. Grocery list, by store section

Section	Items	Quantity for four
Produce	Mixed greens, broccoli, bell peppers, tomatoes, carrots, onions, garlic, lemon, fresh herbs, fruit	2–3 lbs vegetables
Protein	Chicken breasts, ground turkey, salmon fillets, lean ground beef, eggs	4–5 lbs total
Dairy	Greek yogurt, cheddar, butter, milk	1–2 containers each
Pantry	Quinoa, brown rice, pasta, tortillas, lentils, chickpeas, white beans, chili beans, canned tomatoes, stock, olive oil, spices	Replenish as needed
Frozen	Berries, spinach, mixed vegetables	1–2 bags

4. The Sunday prep session

Two to three hours, in this order. Each step feeds the next, so the oven and the stove are never idle.

1. **Start the oven first.** Roast the broccoli, peppers and carrots for Monday and Sunday while you work on the rest.
2. **Cook the grains.** Quinoa and rice, one pot each, then cool and portion into containers.
3. **Cook one protein ahead.** Bake the chicken or brown the turkey filling, then divide it by meal.
4. **Wash and chop the raw vegetables.** Store them in airtight containers, where they hold for four to five days.
5. **Build breakfast and lunch containers.** Four jars of overnight oats, four grain bowls, snack tubs.
6. **Assemble the slow cooker bag.** Chili ingredients into one freezer bag, refrigerated until Saturday morning.
7. **Label as you go.** Contents, date, and the day it is for, on every lid.

Short on time? Do steps 1, 2 and 7 only. Roasted vegetables, cooked grains and clear labels cover most of the weeknight work. The rest can happen on Tuesday evening.

5. Storage and reheating

Item	Refrigerator	Freezer	Reheating
Cooked chicken, turkey, salmon	3–4 days	3 months	Covered, medium heat, add a splash of water
Cooked quinoa and rice	4–5 days	3 months	Steam or microwave with a damp paper towel
Stew, chili, marinara	3–4 days	3 months	Stovetop, low, stirred
Chopped raw vegetables	4–5 days	Not suitable	Use raw or roast fresh
Salad greens and herbs	2–3 days	Not suitable	Keep separate, dress on the day

Thaw frozen portions overnight in the refrigerator, never on the counter.

6. Budget swaps

- **Dried beans and lentils instead of canned.** The cheapest single swap in the plan.
- **Frozen vegetables instead of fresh** where they get cooked anyway. No spoilage, same nutrition.
- **Eggs or canned fish** in place of salmon on one night.
- **Ground turkey or extra beans** in place of beef in the chili.
- **Whatever produce is in season** for the roasting tray.

Target for a household of four: \$60 to \$80 per week, before regional price differences.

7. Make it yours

DIETARY PATTERN

SWAP IN: CUISINES AND FAMILY FAVORITES

ALLERGIES AND INTOLERANCES

PREP TIME AVAILABLE THIS WEEK

HOUSEHOLD SIZE AND PORTIONS

WEEKLY GROCERY BUDGET

Week check-in

- ☐ Every dinner cooked, or swapped for another on the list
- ☐ Leftovers used for lunch rather than thrown out
- ☐ Prep session completed, or the short version done
- ☐ Grocery spend within the target
- ☐ Two changes to carry into next week: