

Reclaim Your Creative Soul: Meal Plan

Week 1: Meals

Note: Click hyperlinks for recipes

Saturday

Hamburgers
French fries

Sunday

Teriyaki chicken rice bowls (Cook rice. Julienne carrots. Cut celery, red pepper, and broccoli into bite-size pieces. Stir fry all in peanut or coconut oil and set aside. Then stir fry chicken pieces. Combine, and add Trader Joe's Soyaki. Pour Soyaki mix over rice bowl and serve.)

Monday

[Beef Stew](#) (the best stew ever!)

[Biscuits](#) (the best biscuits ever!)

Tuesday

Fish tacos (quick and easy: fish sticks, cabbage, sour cream mixed with sriracha, and avocado in a corn tortilla)

Pinto beans
Chips and salsa

Wednesday

Roast chicken

Roasted potatoes and yams

Artichokes

Yogurt dipping sauce (equal parts plain yogurt and mayo, juice of 1/2 lemon, salt, pepper and thyme to taste)

Thursday

Chicken quesadillas (leftover chicken, cheddar cheese, sour cream, avocado, salsa in flour tortillas)

Friday

Leftovers if there's enough. If not, breakfast for dinner! (bacon and [pancakes](#))

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Week 1: Shopping List

Note: This list only pertains to your dinner list. Make sure you add the things you need for other meals! This list is rather large, because I'm assuming you have nothing. Cross off the items you already have.

Vegetables

Carrots
Celery
Yellow onion
Potatoes
Cabbage
Avocado
Yams
Artichokes
Lemon
Lettuce
Tomatoes
Broccoli

Meat

Ground beef
2 lbs chuck roast
Whole chicken
Bacon
Boneless chicken pieces

Baking

Cornstarch
Flour
Baking soda
Baking powder
Cream of tartar
Sugar
Salt & pepper
Crisco

Spices

Bay leaves
Red pepper flakes

Thyme

Frozen foods

Green beans
Fish sticks
French fries

Canned food

Pinto beans

Breads

Corn tortillas
Flour tortillas
Hamburger buns

Dairy

Buttermilk
Sour cream
Plain yogurt
Cheddar cheese
Eggs

Condiments

Sriracha Hot Sauce
Salsa
Mayonnaise

Other

Canola oil
Peanut oil
Coconut oil
Worcestershire sauce
Beef stock
Red wine
Chips

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Week 2: Meals

Note: Click hyperlinks for recipes

Saturday

[Meatloaf](#)

Mashed Potatoes

Green beans (use the rest of the frozen ones from last week)

Sunday

[Sausage, kale, spaghetti squash boats](#) (to die for)

Monday

Roast chicken (cook 2)

Caesar salad (parmesan, romaine lettuce, croutons, and Caesar dressing. Optional: squeeze a little lemon juice on top)

French bread

Tuesday

[Crockpot chicken tortilla soup](#) (use the leftover chicken from the night before, and make your own tortilla strips with the corn tortillas and oil. Fresh mozzarella balls work great for the cheese.)

Wednesday

Leftovers!

Thursday

BLTs

Tomato soup

Friday

Breakfast for dinner! (breakfast sausage, eggs, toast)

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Week 2: Shopping List

Note: This week will have less than last week, since you bought a few ingredients you probably still have in your pantry. Double-check your recipes to ensure you have everything you need. It also only pertains to your dinner list. Make sure you add the things you need for other meals!

Vegetables

Potatoes
Kale
Spaghetti squash (4 extra small)
Yellow onions
Garlic
Parsley
Romaine lettuce
Green onions
Celery
Carrots
Tomatoes

Meat

Ground beef
Ground sausage
Roast chicken (2)
Bacon
Breakfast sausage

Spices

Cayenne pepper
Cumin
Sage

Frozen foods

Corn

Baking

Brown sugar

Canned food

28 oz. can of diced tomatoes
Tomato soup

Breads

French bread
Sliced bread
Saltine crackers

Dairy

Shaved parmesan cheese
Butter
Fresh mozzarella mini balls
Sour cream
Eggs
Milk

Condiments

Olive oil
Caesar dressing
Ketchup

Other

Pine nuts
Croutons
Chicken broth

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Week 3: Meals

Note: Click hyperlinks for recipes

Saturday

Crockpot [pulled pork](#) sandwiches (You could make this with just beer/soda and bbq sauce, but the hyperlinked recipe is better.)

Coleslaw (thinly sliced cabbage and carrot, [mayo dressing](#) - add a bit of celery salt for flavor and cayenne for a kick!)

Sunday

[Chili](#) (add beans to this recipe to make it extra hearty)

Cornbread

Monday

Chili dogs (with leftover chili)

Tuesday

[Curried pumpkin soup](#) (hint: Skip the mustard seeds in this recipe, and use curry powder instead of curry leaves)

[Buttermilk biscuits](#) (hint: you don't actually have to use buttermilk. Make sour milk instead with approx. 3/4 tbsp of vinegar added to 3/4 cup milk)

Wednesday

Mahi Mahi fish tacos (grilled Mahi Mahi, or fish of your choice, thinly sliced cabbage, and corn tortillas)

[Mango salsa and avocado-lime crema](#)

Thursday

[Puerto Rican arroz con pollo](#)

Red beans

[Sweet plantains](#)

Friday

Leftovers if there's enough. If not, breakfast for dinner!

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Week 3: Shopping List

Note: This list assumes you still have some ingredients leftover in your pantry. Double-check your recipes to ensure you have everything you need. It also only pertains to your dinner list. Make sure you add the things you need for other meals!

Vegetables

Yellow onions (get plenty!)
Garlic (at least 2)
Ginger
Cabbage
Carrot
Mango (2)
Red onion
Cilantro
Lime
Avocado
Plantain bananas (3)
Green pepper

Meat

Ground beef
Hot dogs
Mahi Mahi (or fish of your choice)
Chicken
Bone-in pork shoulder

Spices

Chili powder
Kosher salt
Cinnamon
Coriander
Cardamom
Red pepper flakes
Curry powder
Goya Sazon culantro & annatto seasoning

Canned food

Kidney beans
8 oz. tomato sauce (2)
30 oz. pumpkin (not pumpkin pie!)
Kalamata olives
Capers

Breads

Hawaiian sweet rolls
Cornbread mix (Trader Joe's is best!)
Hot dog buns
Corn tortillas

Dairy

Egg
Milk
Grated cheddar cheese
Buttermilk
Sour cream

Condiments

BBQ sauce

Other

Chicken broth (at least 3)
Carroll Shelby's Chili Kit
Unsweetened coconut milk
Olive oil
Long-grain rice

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Week 4: Meals

Note: Click hyperlinks for recipes

Saturday

[Baked falafel pitas](#)

Carrots and [hummus](#) (homemade is so easy to make! Jazz this basic recipe up by blending in different spices, basil leaves, sweet red pepper, or even edamame)

Sunday

[Sloppy Joes](#)

[Deviled potato salad](#) (hint: I use green onion tops instead of scallions)

Monday

[Potato soup](#) with crumbled bacon and cheese
French bread

Tuesday

[Lasagna](#)

Leftover French bread

Wednesday

Leftovers!

Thursday

Grilled cheese sandwiches
Minestrone or tomato soup

Friday

Breakfast for dinner! (Omelets and toast)

Bonus days!

Saturday

[Pumpkin curry with chickpeas](#)

White rice

Sunday

BBQ chicken thighs

Foiled potatoes (slice into wedges, add a pat of butter, sprinkle on garlic salt, wrap in foil, and grill)

Grilled Asparagus

Yogurt dipping sauce (equal parts plain yogurt and mayo, juice of 1/2 lemon, salt, pepper and thyme to taste)

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Week 4: Shopping List

Note: This list assumes you still have some ingredients leftover in your pantry. Double-check your recipes to ensure you have everything you need. It also only pertains to your dinner list. Make sure you add the things you need for other meals!

Vegetables

Parsley
Garlic
Roma tomatoes
Lemon
Lettuce
Onion
Red bell pepper
Potatoes (lots!!!)
Green onions
Lemongrass (or cheat with lemon zest!)
Pumpkin
Limes
Mint leaves
Asparagus

Meat

Ground beef (enough for two meals)
Ground pork
Bacon
Chicken thighs

Spices

McCormick Montreal Seasoning
Paprika
Parsley
Oregano
Basil
Cardamom pods
Mustard seed

Canned food

15 oz. Garbanzo/chickpeas beans (4)
8 oz. Tomato sauce (3)
Tomato paste (small)
28 oz. Crushed tomatoes
Minestrone or tomato soup

Breads

Pita bread
Crusty rolls
French bread
Naan bread

Dairy

Crumbled feta
Shredded cheddar cheese
Cottage cheese
Eggs
Grated parmesan cheese
Shredded mozzarella cheese
Plain yogurt

Condiments

Mustard
Tabasco sauce
BBQ sauce

Other

Tahini
Red wine vinegar
Chicken broth
Vegetable broth
Lasagna noodles
Sunflower oil
Thai yellow curry paste
Coconut milk