

Kitchen Happy Meal Plan

WEEK 4

WEEK 4 MENU

MONDAY

White Chicken Chili

TUESDAY

Crunch Wrap Casserole

WEDNESDAY

Baked Meatballs & Crispy Potatoes

THURSDAY

Bang Bang Chicken Sheet Pan Nachos

FRIDAY

Buffalo Chicken Baked Potatoes

GROCERY LIST

(FOR 5 DINNERS)

PROTEIN

- 1 pound of ground beef
- 2 rotisserie chickens
- 1 pound ground chicken
- 1 egg

PRODUCE

- 2 yellow onions
- 1 purple onion
- 2 cups - of frozen or canned corn (you can also use fresh
- 5 jalapeno peppers
- 1 cilantro bunch
- 2 tomatoes
- 6 Large Russet Baking Potatoes
- Green onions or chives
- shredded lettuce (optional to top crunch wrap)

PANTRY ITEMS / OTHER

- Olive Oil
- Salt & Pepper
- Garlic Powder
- Paprika
- Garlic
- Dried parsley
- Italian Seasoning
- Cumin
- 2-4-oz cans of diced green chilis
- 2-cans white beans
- 2- 32-oz cartons chicken broth
- 1 tub of sour cream (plain greek yogurt works too)
- 1/2 cup half and half
- 6- 10 inch large flour tortillas
- 8 crunchy tostada shells
- 1 taco seasoning packet
- 1 small jar - queso of choice
- 1 big bag of shredded cheddar cheese or mexican blend
- 1 bag of mozzarella
- 1 1/2 cups shredded parmesan
- 1/2 cup any kind of breadcrumbs
- 1 bag of tortilla chips
- thai chili sauce
- siracha
- mayo
- Buffalo Sauce

TIPS TO GET AHEAD

- Prep your produce at the start of the week. (Dice onions, dice tomatoes, slice 4 jalapeños, dice 1 jalapeño. Cut chives and cilantro)
- Shred your rotisserie chicken
- Brown your ground beef. Season with taco seasoning, so its ready to go for Tuesday

MONDAY

WHITE CHICKEN CHILI

6 servings

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion diced
- 1 jalapeno pepper optional
- 2 teaspoons minced garlic cloves
- 2 4- oz can diced green chile peppers
- 1 whole rotisserie chicken shredded
- 2 32-oz cartons chicken broth
- 2 15.8 oz cans great northern white beans
- 1 15.25 oz can sweet corn or 1.5 cups frozen
- 1 cup sour cream
can leave out if you don't want dairy
- 1/2 cup half & half
can leave out if you don't want dairy
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon Italian Seasoning



Lime, cilantro, and jalapeno is all optional!! (:
Still great without

INSTRUCTIONS

1. In a large soup pot or dutch oven, over medium-high heat, saute diced onion and minced garlic. Seed the jalapeños and dice. Add to the skillet with the onion. Saute until softened or onions are translucent. Pour in the cans of diced green chile peppers.
2. Pluck chicken off of your rotisserie chicken and shred with a fork. Add the shredded chicken to the pot with the sautéed onion, peppers and garlic.
3. Lower the stove top to medium-low heat. In the pot, sprinkle all of the seasonings over the chicken-veggie mix. Toss to combine. Pour in all of the chicken broth. Stir to combine.
4. Drain and rinse the white beans and corn. Add the beans and corn to the soup.
5. Stir in the sour-cream and half & half.
6. Season a little more to taste. Red pepper flakes is good for spice
7. Serve into bowls and finish off with fresh lime and cilantro to garnish.

TUESDAY

CRUNCH WRAP CASSEROLE

6 servings

INGREDIENTS

- 6 10-inch flour tortillas
- 8 crunchy tostada shells
- 1 pound ground beef
- 1 packet taco seasoning
- 2 tomatoes diced
- 1/2 onion diced
- 1 cup Mexican blend shredded cheese
- 1 cup shredded mozzarella cheese
- chopped cilantro
- 1 cup sour cream
- 1 small jar queso of choice
- shredded lettuce
- optional (jalapeños & avocados) diced



INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. In a large skillet brown ground beef. Add diced onion to skillet. Add taco seasoning once browned and onions are softened.
3. Spray a 9x13 with non-stick spray. Layer 5 flour tortillas along the bottom and sides of the pan. Allowing the edges to fall off the sides. Overlap to cover the pan.
4. Layer in the following order: Shredded cheese, cilantro, tomatoes, sour cream, tostada shells, queso, cooked ground beef onion mix. (optional jalapeño) Place one more flour tortilla in the middle to cover. Wrap overhanging tortillas to cover any filling.
5. Bake in preheated oven about 30 min until golden
6. Slice into 8 pieces, top with sour cream, avocado, hot sauce, lettuce, whatever toppings you want!



WEDNESDAY

BAKED MEATBALLS & CRISPY POTATOES

4 servings

INGREDIENTS

- 1 pound ground chicken
- 1 egg
- 1/2 cup shredded parmesan cheese
- 1/2 cup bread crumbs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 2 Tablespoons olive oil



INSTRUCTIONS

1. Preheat your oven to 400 degrees. Cover two sheet pans with foil, and lightly spray with non-stick spray.
2. In a medium bowl, mix every ingredient listed above until well combined.
3. Use a small cookie scoop, spoon, or your hands to roll the meat mixture into 20 small meatballs.
4. Evenly spread out the meatballs on the sheet pans.
5. Bake for 25-30 minutes, or until golden and cooked through. Sprinkle with extra dried parsley and serve warm with your favorite dipping sauce, I loved it in BBQ!
6. You can also freeze these to use for salads, soups, or just reheat to eat by itself. ENJOY! (:



SHEET PAN CRISPY POTATOES

Ingredients:

- *2-3 potatoes
- *Olive oil
- 1/2 cup shredded parmesan
- *1/2 tablespoon of paprika, dried parsley, garlic powder
- *1 tsp sea salt
- *pepper to taste

Instructions:

1. *preheat oven to 425 degrees
2. *wash and dry potatoes
3. *dice potatoes to bite sized pieces
4. *line an extra large baking sheet with parchment paper
5. *toss potatoes on baking sheet with a generous amount of olive oil (coat the potatoes well)
6. *pour parmesan and seasonings and toss with hands
7. *bake at 425 degrees for 35-45 minutes tossing halfway through until golden and crunchy clusters form

THURSDAY

BANG BANG CHICKEN SHEET-PAN NACHOS

4-6 servings

INGREDIENTS

- 1 bag tortilla chips
- 1 bag Mexican blend shredded cheese
- 1 rotisserie chicken - shred
- 1/2 sweet purple onion - diced
- chopped fresh cilantro
- 4-5 fresh jalapeño peppers sliced

Bang Bang Sauce

- 1.5 cups mayonaise
- 1/4 cup sweet Thai chili sauce
- 2-4 Tablespoons siracha (to taste)



INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Cover a sheet pan with parchment or foil
3. Dump bag of chips on sheet pan
4. Combine sauce ingredients. Set aside.
5. In a bowl combine half of the sauce with shredded rotisserie chicken.
6. Top chips with shredded cheese , chicken mixture, diced purple onions, sliced jalapeños. Bake about 8-10 minutes or until everything is melted and heated. Top with remaining toppings (cilantro, and drizzle the rest of the bang bang sauce on top.

FRIDAY

BUFFALO CHICKEN BAKED POTATOES

4 servings

INGREDIENTS

- 4-6 russet potatoes
- 1 rotisserie chicken
- buffalo sause
- sour cream or plain greek yogurt
- chives
- butter
- salt & pepper
- olive oil
- shredded cheese of choice



INSTRUCTIONS

1. Preheat your oven to 425 degrees. After cleaning your potatoes rub each one with olive oil.
2. Place on a sheet pan and poke each potato 5 or so times with a fork.
3. Bake 45 minutes to an hour or until fork tender.
4. Toss shredded rotisserie chicken with buffalo sause to taste. Heat in microwave if needed.
5. When the potatoes are done, slice and fill with butter, shredded cheese and buffalo chicken. Melt cheese by heating in oven or microwave.
6. Top with sour cream, chives, and toppings of choice!