

# Weekly Meal Plan

[@christinesnotebook](#)

## Chicken & Potatoes w/ Garlic Cream Sauce

- 6 chicken thighs
- 5-6 yellow potatoes, cubed
- 3 tablespoons butter
- 1 tbs Italian seasoning
- 1 tsp thyme
- 1 tsp basil
- 1 tsp garlic powder
- Salt and pepper, to taste
- 6 cloves or garlic
- ½ cup parmesan
- ½ cup half and half
- water or chicken broth

Season chicken with salt pepper and Italian seasoning and sear on both sides for a few minutes in 1 tbs of butter in a very hot pan. Add potatoes and chicken to casserole dish.

Make the sauce: add 2 TBS butter to the hot pan with the chicken juices. Add thyme, garlic powder, basil, and some more Italian seasoning. Add the garlic and stir till fragrant, add the flour, and stir till it becomes thicker. Add water and half-and-half slowly till it becomes a creamy sauce. Add in parmesan and season to taste. Pour this over the chicken and potatoes and bake for 30 minutes at 400.

Adapted from:

<https://damndelicious.net/2016/05/08/chicken-potatoes-garlic-parmesan-cream-sauce/>

## Extras:

### My Favorite Homemade Granola

- 2.5 cups oats
- 2 cups nuts/seeds of choice
- optional, add 1-2 cups rice cereal (love this!)
- 1 cup dried fruit (cranberries, chopped dried apricots, etc)

- ½ cup olive oil
- ½ cup maple syrup
- 1tsp cinnamon
- 1 tsp salt
- 1 tsp cardamon
- 1 tsp vanilla extract
- 1 egg white

Mix everything together except the dried fruit. Press down onto a parchment lined sheet pan. Bake at 325 for 15 minutes, gently flip granola, and bake for another 10-15 minutes till golden.

After baking, add the dried fruit. Let cool completely before storing.

## Homemade Cookie Dough 'Lara' Bars

- 2 cups cashews
- 3 cups pitted medjol dates
- ½ tsp vanilla extract
- ¼ tsp salt
- ¼ tsp cinnamon
- ½ cup mini chocolate chips
- 1 cup rolled oats (if needed)

Mix all ingredients in a food processor and pulse little by little starting with the cashews so you don't clog up the food processor. Press into two parchment-lined loaf pans and press the chocolate chips on top. Store in the freezer and cut into bars while still cold.

## Instant Pot Black Beans

- 2 cups beans
- water to cover beans by two inches
- 1 tsp salt, cumin, and onion powder

Cook on high pressure for 27 minutes.

## Avocado Sauce

- 1 avocado
- handful of fresh cilantro
- juice of one lime
- ¼ cup pistachios

- ½ tsp cumin, salt, and pepper

## Master Grocery List

Here's a master grocery shopping list based on the provided recipes:

### Produce:

- 6 cloves garlic
- Fresh cilantro
- 1 lime
- 1 avocado
- Potatoes (5-6 yellow potatoes)
- Dried fruit (cranberries, chopped dried apricots, etc.)

### Meat/Dairy:

- 6 chicken thighs
- ½ cup grated parmesan
- ½ cup half and half
- 1 egg white

### Pantry:

- 3.5 cups oats (2.5 cups for granola, 1 cup rolled oats if needed for lara bars)
- 2 cups nuts/seeds of choice for granola
- cashews for lara bars
- Optional: 1-2 cups rice cereal
- 2 cups dried black beans
- Olive oil
- Maple syrup
- Italian seasoning
- Thyme
- Basil
- Garlic powder
- Salt
- Pepper
- Cardamom
- Vanilla extract
- Flour
- Cumin
- Onion powder
- ¼ cup pistachios
- Cinnamon

- Mini chocolate chips

**Please share and tag me if you make any of these! I love to hear from you!  
Happy cooking and happy family time!**

**@christinesnotebook**