



WEEKLY DINNER PLANNER

MONDAY

Chickpea Pasta with chicken
sausage and homemade
pesto

TUESDAY

GROUND BEEF TACOS

WEDNESDAY

Pizza Party: Make your
Own Dough

THURSDAY

Cornflake Crusted
Chicken Breasts with
green beans

FRIDAY

Dessert: Funfetti Cupcakes

SATURDAY

Date Night

SUNDAY

free for all

Notes



CHICKPEA PASTA WITH CHICKEN SAUSAGE AND HOMEMADE PESTO

INGREDIENTS:

- 1 BOX OF BANZO SPAGHETTI
- 1 PACKAGE OF CHICKEN SAUSAGE.
- 1 CUP OF FRESH BASIL LEAVES
- 1/2 CUP OF PINE NUTS: I SUGGEST TOASTING THEM A LITTLE BIT TO BRING OUT THEIR FLAVOR.
- 1/3 CUP PARMESAN CHEESE
- 4-5 FRESH WHOLE GARLIC CLOVES: JUST THROW THEM IN THERE- THE FOOD PROCESSOR WILL BREAK THEM DOWN.
- 1/3 CUP EXTRA VIRGIN OLIVE OIL: I RECOMMEND USING GOOD-QUALITY OIL FOR THE BEST FLAVOR.
- 1/3 CUP CHILI OIL: IF YOU DON'T LIKE SPICY, SKIP THIS.
- 3 TBSP RED PEPPER FLAKES: IF YOU DON'T LIKE SPICY, SKIP THIS.
- 1 LEMON, FRESHLY SQUEEZED
- SALT AND BLACK PEPPER: DON'T BE SPARSE WHEN SEASONING. YOU REALLY WANT TO BUILD THE FLAVORS IN THIS SAUCE

DIRECTIONS:

FILL UP YOUR POT WITH WATER AND GET IT TO A BOIL. SINCE A WATCHED POT NEVER BOILS, PRE-OCCUPY YOURSELF ON ANOTHER BURNER BY COOKING YOUR CHICKEN SAUSAGE. I LIKE TO CHAR MINE IN THE PAN AND THEN BAKE IT IN THE OVEN FOR 20 MINUTES AT 350. YOU CAN ALSO COOK IT IN THE PAN ON MEDIUM, BUT WATCH IT AND MAKE SURE TO TURN IT EVERY 3 MINUTES OR SO.

WHILE YOUR CHICKEN SAUSAGE IS BAKING, THROW YOUR PESTO INGREDIENTS IN A FOOD PROCESSOR AND THEN LET IT SIT UNTIL YOU'RE READY TO SERVE.

DRAIN YOUR PASTA, CHOP UP YOUR CHICKEN SAUSAGE, PUT IT IN A BOWL, AND TOP IT WITH YOUR PESTO AND ASIAGO CHEESE BECAUSE YOU'RE FANCY.



FUNFETTI CUPCAKES

INGREDIENTS:

CUPCAKES

3/4 CUP MILK
1/2 TBSP APPLE SAUCE
1 1/2 CUP ALL-PURPOSE FLOUR
1 TSP BAKING POWDER
1/2 CUP SALTED BUTTER,
SOFTENED
1 1/4 CUP GRANULATED SUGAR
3 LARGE EGGS
2 TSP VANILLA EXTRACT
1/4 CUP SPRINKLES
ONE PACK OF DOUBLE STUFFED
OREOS

BUTTERCREAM

4 CUPS POWDERED SUGAR
1 CUP SALTED BUTTER,
SOFTENED
2 TSP VANILLA EXTRACT
2-3 TBSP LIGHT CREAM
1/3 CUP SPRINKLES

DIRECTIONS:

PREHEAT THE OVEN TO 350°F. LINE TWO MUFFIN TINS WITH PAPER LINERS (MAKES 14).

IN A SMALL BOWL, MIX TOGETHER 3/4 CUP MILK AND APPLE SAUCE. SET ASIDE TO "SOUR".

IN A MEDIUM BOWL, MIX TOGETHER THE FLOUR AND THE BAKING POWDER.

IN A SEPARATE BOWL, CREAM TOGETHER 1/2 CUP BUTTER AND SUGAR UNTIL LIGHT AND FLUFFY. ADD IN THE EGGS ONE AT A TIME, MIXING WELL AFTER EACH ADDITION. MIX IN THE VANILLA EXTRACT.

MIX IN THE DRY INGREDIENTS AND THE SOUR MILK, ALTERNATING BETWEEN THE TWO UNTIL FULLY INCORPORATED.

LINE THE BOTTOM OF THE PAPER LINERS WITH MIX (BUT, DON'T FILL ALL THE WAY!)
PLACE YOUR OREO IN THE MIDDLE AND PRESS THEM DOWN

COVER THE OREO WITH THE REMAINDER OF THE MIX

DIVIDE THE MIXTURE INTO THE PREPARED MUFFIN PANS. BAKE IN THE PREHEATED OVEN FOR 15-20 MINUTES, OR UNTIL A TOOTHPICK INSERTED COMES OUT CLEAN. ALLOW COOLING ON WIRE RACKS.

MEANWHILE, CREAM TOGETHER ALL OF THE BUTTERCREAM INGREDIENTS UNTIL SMOOTH. PIPE ONTO THE COOLED CUPCAKES AND SERVE.



PIZZA PARTY: MAKE YOUR OWN DOUGH

INGREDIENTS:

- 2-2 ⅓ CUPS ALL-PURPOSE FLOUR (IF YOU HAVE BREAD FLOUR, FEEL FREE TO USE THAT!)
- 2 TEASPOONS OF INSTANT YEAST
- 1 ½ TEASPOONS SUGAR
- ¾ TEASPOON SALT
- A SPRINKLE OF YOUR OWN MIX: YOU CAN ADD GARLIC, BASIL, OR RED PEPPER- YOUR CHOICE!
- 2 TABLESPOONS OLIVE OIL
- ¾ CUP WARM WATER

SAUCE & TOPPINGS:

- FRESH MOZZARELLA
- RED SAUCE
- PEPPERONI
- ...HAVE FUN WITH IT!

DIRECTIONS:

- COMBINE 1 CUP OF FLOUR, INSTANT YEAST, SUGAR, AND SALT IN A LARGE BOWL. IF YOU'RE FEELING FANCY, ADD IN YOUR ACCOUTERMENTS.
- NEXT, MIX IN YOUR OLIVE OIL AND WARM WATER AND USE A WOODEN SPOON TO STIR WELL VERY WELL.
- GRADUALLY ADD ANOTHER 1 CUP (OF FLOUR. IF IT'S FEELING STICKY OR NOT MIXING WELL, ADD IN ANOTHER 1/3 CUP OF FLOUR, ALL WHILE STIRRING UNTIL THE DOUGH BEGINS FORMING INTO A COHESIVE, ELASTIC BALL ALL WHILE PULLING AWAY FROM THE SIDES. THE DOUGH WILL STILL BE SLIGHTLY STICKY BUT STILL SHOULD BE MANAGEABLE WITH YOUR HANDS.
- DRIZZLE A SEPARATE, LARGE, CLEAN BOWL GENEROUSLY WITH OLIVE OIL, AND USE A PASTRY BRUSH TO BRUSH UP THE SIDES OF THE BOWL.
- LIGHTLY DUST YOUR HANDS WITH FLOUR AND FORM YOUR PIZZA DOUGH INTO A ROUND BALL AND TRANSFER TO YOUR OLIVE OIL-BRUSHED STAINLESS STEEL BOWL. USE YOUR HANDS TO ROLL THE PIZZA DOUGH ALONG THE INSIDE OF THE BOWL UNTIL IT IS COATED IN OLIVE OIL, THEN COVER THE BOWL TIGHTLY WITH PLASTIC WRAP AND PLACE IT IN A WARM PLACE.
- PREHEAT YOUR OVEN TO 425 DEGREES ALL WHILE ALLOWING THE DOUGH TO RISE FOR 30 MINUTES
- ONCE THE DOUGH HAS RISEN, USE YOUR HANDS TO GENTLY DEFLATE IT AND TRANSFER IT TO A LIGHTLY FLOURED SURFACE AND KNEAD BRIEFLY UNTIL SMOOTH.
- USE YOUR HANDS TO STRETCH THE DOUGH
- TRANSFER DOUGH TO AN OLIVE OIL LINED PAN OR PIZZA STONE AND FOLD THE EXCESSIVE DOUGH TO MAKE A CRUST.
- DRIZZLE A LITTLE OLIVE OIL (LIKE A TABLESPOON) ONTO THE TOP OF YOUR DOUGH, USE A FORK TO POKE SOME HOLES AND BAKE FOR 5 MINUTES
- ONCE BAKED FOR 5 MINUTES, ADD YOUR TOPPINGS AND MAKE FOR AN ADDITIONAL 20 MINUTES.



CORNFLAKE CRUSTED CHICKEN BREASTS WITH GREEN BEANS

INGREDIENTS:

- 4 THINLY SLICED CHICKEN BREAST
- 1/2 BOX OF CORNFLAKES, CRUSHED
- 1 TBSP OF HONEY
- 1 TBSP OF RED PEPPER
- 1 TBSP OF BLACK PEPPER
- 1 TBSP OF SALT
- 2 EGGS
- 2 TBSP OF MILK
- 1 BAG OF GREEN BEANS

DIRECTIONS:

PREHEAT YOUR OVEN OR AIRFRYER TO 425.

WHILE THAT'S HEATING UP, CRUNCH UP YOUR CORNFLAKES, AND START MIXING YOUR EGG WASH.

FOR MY EGG-WASH, I BEAT TOGETHER THE EGGS, BLACK PEPPER, SALT AND HONEY. IN THE CRUSHED CORNFLAKE BOWL, PUT YOUR RED PEPPER IN AND STIR IT UP NICE.

TAKE YOUR CHICKEN BREAST, DIP IT IN THE EGG WASH AND THEN REALLY BURY THE BREAST IN THE CORNFLAKE MIX. THEN, MOVE THE CHICKEN BREAST TO AN OILED SHEET PAN AND CONTINUE THE PROCESS UNTIL ALL YOUR CHICKEN BREAST ARE BREADED.

POP THOSE BAD BOYS CHICKENS IN THE OVEN AND AFTER TEN MINUTES, FLIP EM AND LET THEM COOK THROUGH.

FOR A SIDE, I SUGGEST STEAMED GREEN BEANS- THROW SOME GARLIC AND BUTTER IN A BIG PAN, PUT THE GREEN BEANS IN IT, POP A COVER ON, AND LET IT COOK FOR 10 MINUTES.

ASSEMBLE THE PLATE AND ENJOY



GROCERY LIST

PRODUCE

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- _____
- _____

CANNED GOODS

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CONDIMENTS

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- _____
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OTHERS

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FROZEN FOODS

- _____
- _____
- _____

PANTRY

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DAIRY

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