

DIGITAL KITCHEN GUIDE

# Weeknight Wins

The Complete 7-Day Dinner Planning System

7

Family-Friendly  
Dinners

\$63

Total Grocery  
Budget

30

Minutes or  
Less Each

*Stop stressing. Start cooking. Eat well all week.*

[weeknightwins.com](http://weeknightwins.com)

## Welcome to Weeknight Wins

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You're about to transform your weeknight dinners from stressful to seamless.

This isn't just a collection of recipes—it's a complete system designed to eliminate the daily "what's for dinner?" panic. Every ingredient is used strategically across multiple meals, so nothing goes to waste and your grocery bill stays low.

### What's Inside This Kit

- ✓ **7 Complete Dinner Recipes**  
Family-tested meals with full instructions, timing, and swap options
- ✓ **Strategic Grocery List**  
Organized by store section, totaling ~\$63 for the entire week
- ✓ **Sunday Prep Guide**  
30-minute prep session that saves hours during the week
- ✓ **Leftovers Strategy**  
Transform extras into exciting new meals—zero food waste
- ✓ **Swap Guide**  
Vegetarian, kid-friendly, and allergy-conscious alternatives



**Pro Tip:** Print the grocery list and week-at-a-glance pages to keep on your fridge. Digital works too—whatever fits your life.

# Your Week at a Glance

Each meal is designed to take 30 minutes or less, with strategic ingredient overlap to minimize waste and maximize flavor.

SUNDAY30 min

Sheet-Pan Chicken & Vegetables

One pan, zero stress. Protein + veggies done together.

Meal Prep Day+2 Lunches

TUESDAY15 min

Garlic Butter Pasta

Pre-cooked pasta + 15 minutes = comfort food magic.

Quickest MealVegetarian

THURSDAY25 min

Teriyaki Turkey Stir-Fry

Fast, flavorful, and uses up remaining vegetables.

Low Carb Option+1 Lunch

SATURDAY15 min

Leftovers Remix

Creative combinations to finish the week strong.

Zero WasteFlexible

MONDAY20 min

Loaded Taco Salad Bowls

Fresh, crunchy, customizable for the whole family.

Kid Favorite+1 Lunch

WEDNESDAY35 min

Hearty Lentil Chili

Set it and forget it. Makes enough for days.

High Protein+3 Lunches

FRIDAY20 min

Elevated Pizza Night

Frozen pizza transformed with fresh toppings.

Fun NightUses Extras

~2.5 hrs

Total cooking time for the week

8 lunches

Bonus meals from leftovers

\$4.50

Average cost per serving

file:///home/jnghwn/Desktop/makemoney/kit.html

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# Complete Grocery List

Organized by store section for efficient shopping. Estimated total: \$63 (prices vary by location)



## Produce

- 2 yellow onions
- 1 head garlic
- 3 bell peppers (any color)
- 1 large zucchini
- 1 head broccoli
- 1 bag (5oz) mixed salad greens
- 1 pint cherry tomatoes
- 2 limes
- 1 bunch fresh cilantro
- 1 jalapeño (optional)

Tip: Buy bell peppers in different colors for visual variety



## Meat & Proteins

- 1.5 lb bone-in chicken thighs
- 1 lb ground turkey (93% lean)
- 1 can black beans (15oz)
- 1 can brown lentils (15oz)

Swap: Use chicken breast, ground beef, or extra lentils for vegetarian



## Dairy & Cheese

- 8 oz shredded Mexican cheese blend
- 8 oz sour cream or Greek yogurt
- 4 tbsp butter (salted)
- 2 oz Parmesan cheese (optional)

Dairy-free? Use vegan cheese and coconut cream



## Pantry Items

- 1 lb spaghetti or linguine
- 1 jar medium salsa (16oz)
- 1 can diced tomatoes (14oz)
- 1 carton chicken or vegetable broth (32oz)
- 1 bottle teriyaki sauce (10oz)
- 1 bag tortilla chips
- 1 frozen pizza (your favorite)

## Pantry Staples Checklist

Make sure you have these basics at home:

- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Garlic powder
- ☐ Chili powder
- ☐ Ground cumin
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Red pepper flakes

# Sunday Prep Guide

Invest 30 minutes now, save hours all week. This prep session sets you up for stress-free cooking every night.

## 0:00 1. Boil Water & Mise en Place

- 5 min
- Start a large pot of salted water for pasta
  - Gather all ingredients and set out cutting board
  - Preheat oven to 425°F for tonight's chicken

## 0:05 2. Chop All Vegetables

- 10 min
- **Onions (2):** Dice both. Store in airtight container.
  - **Bell peppers (3):** Slice into strips. Store separately.
  - **Zucchini:** Cut into half-moons for roasting.
  - **Broccoli:** Cut into florets. Keep stems for stir-fry.

**Storage:** All chopped veggies last 5 days in airtight containers in the fridge.

## 0:15 3. Make Taco Seasoning

5 min Mix in a small jar and store:

- 2 tbsp chili powder
  - 1 tsp garlic powder
  - ½ tsp salt
- 1 tbsp ground cumin
  - 1 tsp paprika
  - ¼ tsp black pepper

This makes enough for taco bowls + extra for future use.

## 0:20 4. Cook & Cool Pasta

- 8 min
- Cook pasta 1 minute less than package directions (al dente)
  - Drain and toss with 1 tbsp olive oil to prevent sticking
  - Spread on sheet pan to cool, then refrigerate

**Why pre-cook?** Tuesday's garlic butter pasta takes just 15 minutes because the pasta is ready to go.

## 0:28 5. Prep Salad Greens

- 2 min
- Wash and dry salad greens thoroughly
  - Store in container lined with paper towel
  - Paper towel absorbs moisture, keeps greens crisp all week



### Prep Complete!

You're now set for the entire week. Tonight: start your Sheet-Pan Chicken while everything is still out.

SUNDAY

# Sheet-Pan Chicken & Vegetables

The ultimate hands-off dinner. Everything roasts together on one pan while you relax.



Prep Time  
10 min



Cook Time  
25 min



Servings  
4 (+ 2 lunches)



Cost  
~\$8 total

## Ingredients

- 1.5 lb bone-in chicken thighs (4-5 pieces)
- 1 large zucchini, sliced into half-moons
- 1 head broccoli, cut into florets
- 1 bell pepper, cut into chunks
- ½ onion, cut into wedges
- 3 tbsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp Italian seasoning
- Salt and pepper to taste

## Instructions

- Preheat oven to 425°F (220°C).** Line a large sheet pan with parchment paper or foil for easy cleanup.
- Season the chicken.** Pat chicken thighs dry with paper towels. Rub with 1 tbsp olive oil, then season generously with garlic powder, paprika, Italian seasoning, salt, and pepper.
- Prep the vegetables.** In a large bowl, toss zucchini, broccoli, bell pepper, and onion with remaining 2 tbsp olive oil, salt, and pepper.
- Arrange on pan.** Place chicken thighs in the center of the sheet pan. Scatter vegetables around the chicken in a single layer.
- Roast for 25-30 minutes** until chicken reaches 165°F internal temperature and vegetables are tender with crispy edges.
- Rest and serve.** Let chicken rest 5 minutes before serving. Squeeze fresh lemon over top if desired.

## Tips & Swaps

### Crispier skin?

Start chicken skin-side up and don't flip. The rendered fat keeps it crispy.

### Vegetarian swap:

Replace chicken with extra-firm tofu or chickpeas. Reduce cook time to 20 min.


### Leftovers:


Save 2 chicken thighs + veggies for Tuesday's pasta or Friday's pizza topping.


MONDAY


# Loaded Taco Salad Bowls

Fresh, crunchy, and endlessly customizable. Set up toppings and let everyone build their own.

 Prep Time  
**5 min**

 Cook Time  
**15 min**

 Servings  
**4 (+ 1 lunch)**

 Cost  
**~\$10 total**

## Ingredients

**For the meat:**

- 1 lb ground turkey
- ½ cup diced onion (from prep)
- ½ cup diced bell pepper (from prep)
- 2 tbsp taco seasoning (from prep)
- ¼ cup water

**For the bowls:**

- 4 cups salad greens
- 1 can black beans, drained and rinsed
- ½ cup salsa
- ½ cup shredded cheese
- ¼ cup sour cream
- Tortilla chips, crushed
- Fresh cilantro and lime wedges

## Instructions

- Cook the turkey.** Heat a large skillet over medium-high heat. Add ground turkey and break apart with a spatula. Cook until no longer pink, about 5 minutes.
- Add vegetables and seasoning.** Add diced onion and bell pepper. Cook 3 minutes until softened. Sprinkle taco seasoning over meat and add water. Stir to combine.
- Simmer.** Reduce heat and simmer 3-4 minutes until liquid is mostly absorbed and meat is well coated.
- Warm the beans.** In a small pot or microwave, warm the black beans with a splash of water.
- Assemble bowls.** Divide greens among 4 bowls. Top each with taco meat, black beans, salsa, cheese, and sour cream.
- Finish.** Crush tortilla chips over top, add cilantro, and serve with lime wedges.

## Tips & Swaps

**Kid-friendly:**

Serve toppings on the side so picky eaters can customize their bowl.

**Vegetarian swap:**

Use extra black beans or crumbled tofu instead of turkey.

**Make it a burrito:**

Wrap everything in a large flour tortilla instead of a bowl.

TUESDAY

# 15-Minute Garlic Butter Pasta

Simple, satisfying comfort food. Your pre-cooked pasta makes this impossibly fast.

 Prep Time  
**2 min**

 Cook Time  
**12 min**

 Servings  
**4**

 Cost  
**~\$5 total**

## Ingredients

1 lb pre-cooked pasta (from Sunday prep)

4 tbsp butter

4 cloves garlic, minced (or 1 tsp garlic powder)

1 cup cherry tomatoes, halved

¼ tsp red pepper flakes (optional)

½ cup pasta water or chicken broth

¼ cup fresh parmesan, grated

Fresh basil or parsley (optional)

Salt and pepper to taste

## Instructions

- Melt butter.** In a large skillet over medium heat, melt butter. Add minced garlic and red pepper flakes. Cook 1-2 minutes until fragrant (don't let garlic brown).
- Add tomatoes.** Add cherry tomatoes to the pan. Cook 2-3 minutes until they start to soften and blister slightly.
- Add pasta.** Add pre-cooked pasta directly to the skillet. Toss to coat in the garlic butter.
- Add liquid.** Pour in pasta water or broth. Toss continuously for 2-3 minutes until pasta is heated through and sauce coats the noodles.
- Finish.** Remove from heat. Add parmesan, toss to combine. Season with salt and pepper. Top with fresh herbs if using.

## Tips & Swaps

### Boost protein:

Add leftover chicken from Sunday or a can of white beans.

### More veggies:

Toss in spinach, leftover broccoli, or sun-dried tomatoes.

### Dairy-free:


Use olive oil instead of butter, skip the parmesan or use nutritional yeast.





WEDNESDAY


# Hearty Lentil Chili

Warming, filling, and makes tons of leftovers. This one does the work for you.

 Prep Time  
**5 min**

 Cook Time  
**30 min**

 Servings  
**6 (+ 3 lunches)**

 Cost  
**~\$7 total**

## Ingredients

- 1 tbsp olive oil
  - 1 cup diced onion (from prep)
  - 1 cup diced bell pepper (from prep)
  - 3 cloves garlic, minced
  - 1 can (15oz) lentils, drained
  - 1 can (14oz) diced tomatoes
  - 2 cups chicken or vegetable broth
  - 2 tbsp chili powder
  - 1 tbsp cumin
  - 1 tsp paprika
  - Salt and pepper to taste
- Toppings:**
- Shredded cheese
  - Sour cream
  - Fresh cilantro
  - Tortilla chips

## Instructions

- Sauté aromatics.** Heat olive oil in a large pot over medium heat. Add onion and bell pepper. Cook 5 minutes until softened. Add garlic, cook 1 minute.
- Add spices.** Stir in chili powder, cumin, and paprika. Toast spices for 30 seconds until fragrant.
- Add liquids and lentils.** Pour in diced tomatoes, broth, and lentils. Stir to combine.
- Simmer.** Bring to a boil, then reduce heat to low. Cover and simmer 25 minutes, stirring occasionally.
- Adjust and serve.** Taste and season with salt and pepper. Chili should be thick—if too thin, simmer uncovered 5 more minutes.
- Serve.** Ladle into bowls and top with cheese, sour cream, cilantro, and crushed chips.

## Tips & Swaps

**More protein:**

Add ½ lb browned ground turkey when sautéing vegetables.

**Slow cooker:**

Combine all ingredients and cook on low 6-8 hours.


**Saturday use:**


Serve over tortilla chips as nachos to finish the week.


THURSDAY


# Teriyaki Turkey Stir-Fry

Fast, flavorful, and uses up those remaining vegetables. Weeknight stir-fry perfected.

 Prep Time  
**5 min**

 Cook Time  
**15 min**

 Servings  
**4 (+ 1 lunch)**

 Cost  
**~\$5 total**

## Ingredients

- Remaining ground turkey (~½ lb) or use leftover chicken
- Remaining broccoli florets
- Remaining bell pepper strips
- ½ onion, sliced (from prep)
- ½ cup teriyaki sauce
- 1 tbsp olive oil
- Optional: rice or noodles for serving
- Sesame seeds and green onions for garnish

## Instructions

- Cook protein.** Heat oil in a large skillet or wok over high heat. Add ground turkey (or slice leftover chicken). Cook until browned, about 4 minutes. Remove and set aside.
- Stir-fry vegetables.** Add a bit more oil if needed. Add broccoli, bell pepper, and onion. Stir-fry 4-5 minutes until crisp-tender.
- Combine.** Return protein to pan. Pour teriyaki sauce over everything.
- Coat and heat.** Toss everything together for 2-3 minutes until sauce thickens slightly and coats all ingredients.
- Serve.** Serve over rice or noodles, or enjoy as-is for low-carb. Garnish with sesame seeds and green onions.

## Tips & Swaps

**Quick rice hack:**  
Use microwaveable rice pouches for a complete meal in minutes.

**More veggies:**  
Add snap peas, carrots, or mushrooms if you have them.

**Spicy version:**  
Add sriracha or red pepper flakes with the teriyaki sauce.

FRIDAY

Elevated Pizza Night

Transform a basic frozen pizza into something special using this week's leftover ingredients.

Prep Time  
**5 min**

Cook Time  
**15 min**

Servings  
**4**

Cost  
**~\$6 total**

Ingredients

- 1 frozen pizza (any variety)
  - Leftover taco meat or chicken
  - Remaining cherry tomatoes, halved
  - Remaining bell pepper, sliced thin
  - Extra shredded cheese
  - Optional: leftover onions, jalapeño
- Serve with:**
- Side salad using remaining greens
  - Italian dressing or balsamic vinaigrette

Instructions

- 1. Preheat oven** according to pizza package directions (usually 400-425°F).
- 2. Add toppings.** Before baking, top frozen pizza with leftover meat, vegetables, and extra cheese.
- 3. Bake.** Follow package directions, adding 2-3 minutes if heavily topped.
- 4. Make side salad.** While pizza bakes, toss remaining salad greens with any leftover cherry tomatoes and dressing.
- 5. Slice and serve.** Let pizza cool 2 minutes before slicing. Serve with salad.

SATURDAY

Leftovers Remix Ideas

Three ways to use whatever's left and close out the week with zero waste.

**Chili Nachos**  
Spread tortilla chips on a sheet pan. Top with leftover chili and cheese. Broil 3 minutes until melted. Add sour cream and jalapeños.

**Stir-Fry Wraps**  
Warm leftover stir-fry and roll in tortillas with extra teriyaki sauce and shredded lettuce.

**Clean-Out Bowl**  
Layer rice or greens with any remaining proteins, vegetables, beans, and sauces. One bowl, everything used.

# Leftovers Strategy

Nothing goes to waste. Here's exactly how to use every ingredient across the week.

## Ingredient Flow

Sunday Chicken	→ Tuesday pasta add-in or Friday pizza topping
Monday Taco Meat	→ Friday pizza topping or Saturday nachos
Wednesday Chili	→ Saturday nachos or freeze for next week
Thursday Stir-Fry	→ Saturday wraps or clean-out bowl
Prepped Veggies	→ Used throughout the week in every recipe

## Storage Quick Reference

Item	Container	Fridge Life	Freezer Life
Cooked chicken	Airtight container	3-4 days	3 months
Cooked ground meat	Airtight container	3-4 days	3 months
Cooked pasta	Sealed with olive oil	5 days	Not recommended
Chopped vegetables	Airtight with paper towel	5 days	Not recommended
Lentil chili	Airtight container	5 days	3 months
Salad greens	Container + paper towel	5-7 days	Don't freeze



**Freezer Tip:** The lentil chili freezes beautifully. Make a double batch and freeze half for a future no-cook night.

# You're All Set!

You now have everything you need for a full week of delicious, stress-free dinners.

## Quick Start Checklist

- ☐ Print the grocery list (page 4)
- ☐ Shop for ingredients
- ☐ Do 30-minute Sunday prep (page 5)
- ☐ Post week-at-a-glance on fridge (page 3)
- ☐ Enjoy stress-free cooking all week!

## Questions or Feedback?

I'd love to hear how this plan worked for your family. Reach out anytime:

**[hello@weeknightwins.com](mailto:hello@weeknightwins.com)**

**Remember:** If this plan doesn't work for you, email me for a full refund. No questions asked.

Thank you for choosing Weeknight Wins.

*Here's to easier evenings and better meals.*