

DIGITAL KITCHEN GUIDE

Weeknight Wins

The Complete 7-Day Dinner Planning System

7Family-Friendly
Dinners**\$63**Total Grocery
Budget**30**Minutes or
Less Each

Stop stressing. Start cooking. Eat well all week.

weeknightwins.com

Welcome to Weeknight Wins

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.

SUNDAY Sheet-Pan Chicken & Vegetables One pan, zero stress. Protein + veggies done together. Meal Prep Day +2 Lunches	30 min	MONDAY Loaded Taco Salad Bowls Fresh, crunchy, customizable for the whole family. Kid Favorite +1 Lunch	20 min
TUESDAY Garlic Butter Pasta Pre-cooked pasta + 15 minutes = comfort food magic. Quickest Meal Vegetarian	15 min	WEDNESDAY Hearty Lentil Chili Set it and forget it. Makes enough for days. High Protein +3 Lunches	35 min
THURSDAY Teriyaki Turkey Stir-Fry Fast, flavorful, and uses up remaining vegetables. Low Carb Option +1 Lunch	25 min	FRIDAY Elevated Pizza Night Frozen pizza transformed with fresh toppings. Fun Night Uses Extras	20 min
SATURDAY Leftovers Remix Creative combinations to finish the week strong. Zero Waste Flexible	15 min		

~2.5 hrs

Total cooking time for the week

8 lunches

Bonus meals from leftovers

\$4.50

Average cost per serving

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:

<input type="checkbox"/> Olive oil	<input type="checkbox"/> Salt & pepper	<input type="checkbox"/> Garlic powder	<input type="checkbox"/> Chili powder
<input type="checkbox"/> Ground cumin	<input type="checkbox"/> Paprika	<input type="checkbox"/> Italian seasoning	<input type="checkbox"/> 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 tbsp ground cumin
• 1 tsp garlic powder	• 1 tsp paprika
• ½ tsp salt	• 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

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.