

Weekly Meal Plan

Family of 5 · 3 Dinners + Breakfast & Lunch Guide

Ground beef tip: Buy 3 lbs total — 2 lbs for Day 2 bowls, 1 lb for Day 3 burgers.

Day 1 · Dinner

Asian

Korean Beef Bulgogi Bowls

Main: Thinly sliced ribeye or sirloin marinated in soy sauce, sesame oil, garlic, ginger, and honey — quickly stir-fried.

Sides: Steamed jasmine rice, shredded carrots, sliced cucumber, fried egg on top. Sriracha on the side for adults.

Kids: Mildly sweet — crowd-pleaser for all three. Serve veggies plain on the side for younger kids.

Day 2 · Dinner

Asian · Updated

Korean-Style Ground Beef Rice Bowls

Main: Ground beef seasoned with soy sauce, sesame oil, garlic, ginger, and brown sugar — a quick 15-minute meal.

Sides: Steamed jasmine rice, frozen edamame or broccoli, shredded cabbage or cucumber on the side.

Kids: Genuine crowd-pleaser for all ages. Vander can have beef over plain rice. Leftovers are great for lunch.

Day 3 · Dinner

BBQ & Southern · Updated

Smash Burger Night

Main: Ground beef smash burgers in a cast iron pan — thin, crispy-edged patties with melted cheese. Make sliders for the kids.

Sides: Oven fries or frozen fries, coleslaw, and pickles. Ketchup/mustard for kids, burger sauce for adults.

Kids: Universally loved. Sliders are easier for smaller hands — great end-of-week dinner.

Breakfasts · Mix & Match

Option A: Scrambled eggs + toast + fruit

Option B: Greek yogurt parfait with granola & berries

Option C: Oatmeal with banana & honey (great for Vander)

Option D: Smoothie — frozen fruit, banana, yogurt, milk

Lunches · Mix & Match

Day 1 leftovers: Bulgogi rice bowl + fried egg

Day 2 leftovers: Korean beef in a wrap or over rice

Day 3 leftovers: Burger patty wrap with coleslaw & pickles

Pantry: PB&J or turkey sandwich, apple slices, hummus & crackers

Grocery List

Family of 5 · 3 days of meals · Check off as you shop

Meat

- Beef ribeye or sirloin, thin-sliced — 2 lbs
- Ground beef 80/20 — 3 lbs total
- Deli turkey (for sandwiches) — 1/2 lb

Produce

- Carrots — 1 bag
- Cucumbers — 2
- Shredded cabbage or coleslaw mix — 1 bag
- Broccoli — 1 head
- Garlic — 1 head
- Fresh ginger — small knob
- Yellow onion — 1
- Russet potatoes — 3 lbs (oven fries)
- Bananas — 1 bunch
- Mixed berries — 1 container
- Apples — 4 to 5
- Lemons — 2

Dairy & Eggs

- Eggs — 1 dozen
- American or cheddar slices — 1 pack (burgers)
- Shredded cheddar — 1 bag
- Greek yogurt — 32 oz
- Whole milk — 1/2 gallon
- Butter — 1 stick

Bread & Grains

- Jasmine rice — 2 lbs
- Burger buns — 8 count (or slider rolls)
- Sandwich bread — 1 loaf
- Tortillas — 1 pack (lunch wraps)
- Oatmeal — 1 canister
- Granola — 1 bag
- Crackers — 1 box

Frozen

- Frozen edamame — 1 bag
- Frozen fruit (smoothies) — 1 bag
- Frozen fries — 1 bag (backup for burger night)

Pantry & Condiments

- Soy sauce or tamari
- Sesame oil
- Brown sugar
- Honey
- Rice vinegar
- Ketchup
- Yellow mustard
- Mayonnaise (coleslaw + burger sauce)
- Pickles — 1 jar
- Sriracha or hot sauce
- Olive oil
- Hummus — 1 container
- Peanut butter
- Jelly or jam

Snacks

- Cheese sticks or mild cheese
- Nuts or trail mix