

One Month of Costco Meals: Meal List

Day 1: Sausage Bake with French Bread

Day 2: Butternut Squash Ravioli with Peas

Day 3: Burgers and Sweet Potato Fries

Day 4: Tortilla Soup with Homemade Chips

Day 5: Baked Chicken with Roasted Asparagus

Day 6: Pesto Pasta Bake with French Bread

Day 7: Tacos with Homemade Chips & Guacamole

Day 8: Leftovers

Day 9: Sloppy Joes with Sweet Potato Fries

Day 10: Spaghetti & Meatballs

Day 11: Chicken Noodle Soup

Day 12: Alfredo Pasta with Chicken Sausage & Salad

Day 13: Meatballs with Zucchini Fries

Day 14: Bacon Carbonara Ravioli with Peas

Day 15: Leftovers

Day 16: Baked Chicken with Peas

Day 17: Breakfast for Dinner - Pancakes, Bacon & Eggs

Day 18: Burgers and Sweet Potato Fries

Day 19: Marinated Chicken with Roasted Potatoes

Day 20: Turkey Chili with Homemade Chips

Day 21: BBQ Meatballs with Sweet Potato Fries

Day 22: Leftovers

Day 23: Baked Chicken with Mixed Veggies

Day 24: Butternut Squash Ravioli with Peas

Day 25: Tacos with Homemade Chips & Guacamole

Day 26: Spaghetti & Meatballs

Day 27: Bacon Carbonara Ravioli with Peas

Day 28: Burgers & Sweet Potato Fries

Day 27: Leftovers

Day 28: Meatballs with Roasted Squash

Day 29: Sausage Bake with French Bread

Day 30: Breakfast for Dinner - French Toast & Sausage

Day 31: Baked Chicken with Mixed Veggies

One Month of Costco Meals: Grocery List

Meat:

Chicken Apple Sausage (3-pack)

Burger Patties

Chicken Thighs (2 six-packs)

Bag of Meatballs

4-Pack Ground Turkey

Bacon

Produce:

Bell Peppers

Organic Squash

Asparagus

Potatoes

Bakery:

French Bread (3 loaves)

Hamburger Buns

Corn Tortillas

Frozen:

Frozen Peas

Frozen Mixed Veggies

Refrigerated:

Butternut Squash Ravioli

Bacon Carbonara Ravioli

Pesto

Fresh Mozzarella

Sliced Tillamook Cheddar

Wholly Guacamole

Dry Goods:

Rotini Pasta

Diced Tomatoes (pack of 12-15)

Spaghetti

BBQ Sauce

Lawry's Seasoning

Extras from Trader Joe's:

(or another grocery store)

Frozen Sweet Potato Fries - 5 bags

Frozen Zucchini Fries

Chicken Breakfast Sausage

Alfredo Sauce

BBQ Sauce

One Month of Costco Meals: Instructions

- Day 1: Sausage Bake with French Bread
 - This is a favorite at our house! Chop up one package (5 links) of chicken apple sausage, 3 bell peppers, & 2 squash. Toss in olive oil, garlic powder, salt, & pepper. Bake at 350 for 40 minutes. Serve with buttered french bread!
- Day 2: Butternut Squash Ravioli with Peas
 - This ravioli comes in two-packs at our Costco. The type of ravioli always depends on the season - this is what's in stock at our store now, but you can really choose whatever kind your store has. The giant bag of frozen peas is something we'll use a bunch throughout the month.
- Day 3: Burgers and Sweet Potato Fries
 - We grill up burgers on brioche buns weekly. Easy and yummy dinner! The sweet potato fries are frozen, from Trader Joe's. They are the BEST, and they are about as natural as these come, pre-made. We eat these regularly too.
- Day 4: Tortilla Soup with Homemade Chips
 - I use this recipe as a base, but I leave out the bay leaf, used diced tomatoes instead of whole peeled, and use green enchilada sauce instead of red, since that's what I usually have on hand. It's AMAZING. I could eat this everyday. I always fry up some homemade chips using corn tortillas.
- Day 5: Baked Chicken with Roasted Asparagus
 - This is another favorite at our house. Chicken thighs, tossed in olive oil & Lawry's seasoning (or your favorite seasoning), and baked at 350 for 40 minutes. Saute the asparagus in some butter and garlic and you're good to go.
- Day 6: Pesto Pasta Bake with French Bread
 - My [Pesto Pasta Bake recipe is here](#). I use one of the packs of ground turkey for this. It's super yummy!
- Day 7: Tacos with Homemade Chips & Guacamole
 - I use another pack of the ground turkey for this, and the corn tortillas for tacos and for chips. We also love Costco's Wholly Guacamole!
- Day 8: Leftovers

One Month of Costco Meals: Instructions

- Day 9: Sloppy Joe's with Sweet Potato Fries
 - Here's another pack of ground turkey, with some sloppy joe's seasoning. And another bag of TJ's Sweet Potato Fries.
- Day 10: Spaghetti & Meatballs
 - Easy peasy. Just cook up a few meatballs with the pasta and then toss with sauce. YUMMY.
- Day 11: Chicken Noodle Soup
 - I use [this recipe](#) as a base, but instead of all the chopped veggies, I add a couple handfuls of the frozen mixed veggies from Costco.
- Day 12: Alfredo Pasta with Chicken Sausage & Salad
 - I usually cook up some more rotini pasta, add a jar of alfredo, and then add in some diced chicken apple sausage that I've cooked up in a skillet on the side. An easy salad goes great with this meal!
- Day 13: BBQ Meatballs with Zucchini Fries
 - Coat some meatballs in BBQ sauce, cook for 20 minutes at 350. As a side, I'll toss some of the zucchini squash (that I've already cut up and frozen) in some olive oil and seasoned salt, and roast those up too.
- Day 14: Bacon Carbonara Ravioli with Peas
 - Again, this ravioli comes in two-packs at our Costco. The type of ravioli always depends on the season - this is what's in stock at our store now, but you can really choose whatever kind your store has. And, more peas from the giant bag of frozen peas.
- Day 15: Leftovers
- Day 16: Baked Chicken with Peas
 - Same as Day 5!
- Day 17: Breakfast for Dinner - Pancakes, Bacon & Eggs
 - We love the Applewood Smoked Bacon from Costco, and always have eggs & pancake supplies on hand. This is a cheap and easy dinner that everyone will eat!
- Day 18: Burgers and Sweet Potato Fries
 - Yep, again.

One Month of Costco Meals: Instructions

- Day 19: Marinated Chicken with Roasted Potatoes
 - My favorite way to make potatoes is to toss them in olive oil, garlic powder, and a little salt, and add a few sprigs of rosemary into the pan. Roast at 350 for 45 minutes, or until crispy. For the chicken, I just let it marinate in whatever I've got in the pantry that day, and then cook at 350 for 40 minutes.
- Day 20: Turkey Chili with Homemade Chips
 - I use my [chicken chili recipe here](#), and just substitute the ground turkey for the ground chicken. This is where I end up using a lot of those cans of diced tomatoes!!
- Day 21: BBQ Meatballs with Sweet Potato Fries
 - Just like day 13!
- Day 22: Leftovers
- Day 23: Baked Chicken with Mixed Veggies
 - See? I told you we liked this one.
- Day 24: Butternut Squash Ravioli with Peas
 - This will be the last pack of this type of ravioli.
- Day 25: Tacos with Homemade Chips & Guacamole
 - See day 7.
- Day 26: Spaghetti & Meatballs
 - And day 10.
- Day 27: Bacon Carbonara Ravioli with Peas
 - And now we're out of this kind of ravioli too!
- Day 28: Burgers & Sweet Potato Fries
 - Just one more time. Who doesn't love a good burger??
- Day 27: Leftovers
- Day 28: Meatballs with Roasted Squash
 - Again, using the squash that I chopped and froze, and baking the meatballs in some kind of BBQ sauce.
- Day 29: Sausage Bake with French Bread
 - Same as Day 1!

One Month of Costco Meals: Instructions

- Day 30: Breakfast for Dinner - French Toast & Bacon
 - Another easy peasy dinner that everyone will eat, using that bacon that we all love.
- Day 31: Baked Chicken with Mixed Veggies
 - Last time. I promise. Somehow, though, we never get tired of this one. That Lawry's seasoning is good stuff.

*I hope this list has been helpful for you! For more notes and details, go to kaysepratt.com. Blessings to you, friend!