

# This Week's Meal Plan

DinnerSolved.AI

March 15 - March 21, 2026

6 dinners | ~30 min avg

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Day 1

## Costco Meatloaf with Garlic-Lemon Rice

A convenient heat-and-serve meatloaf paired with flavorful garlic-lemon rice and roasted peppers, perfect for a hearty family dinner.

30 min | quick, kid-friendly

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Day 2

## Beef Nachos

Quick and delicious nachos topped with seasoned ground beef, cheese, jalapeños, and a fresh salsa made from your tomato sauce, ready in under 20 minutes.

20 min | quick, kid-friendly

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Day 3

## Lemon-Garlic Chicken Breast

Pan-seared chicken breast (or Greek chicken patties) marinated in lemon and garlic, served with rice and sautéed peppers for a wholesome meal.

25 min | kid-friendly

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Day 4

## Chicken Soup

A comforting chicken soup simmered with garlic, rice, and a splash of lemon, finished with fresh herbs, perfect for a busy night.

30 min | quick, kid-friendly

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Day 5

## Greek Chicken Patty Bolognese

A unique twist on bolognese using crumbled Greek chicken patties and tomato sauce tossed with pasta, creating a hearty Italian-Mediterranean fusion.

30 min | kid-friendly

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Day 6

## Caribbean-Style Baked Chicken

Marinated chicken pieces baked to golden perfection with lemon, garlic, and cumin, served with leftover rice or a simple side salad for a refreshing finish.

45 min

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