Sunday Supper Reset Week 3

Five dinners for the week beginning November 1 2026

Week 3 brought back quesadillas, cheeseburger rice and lemon-garlic chicken, then added pork and turkey-spinach pasta. Amy has now made those four chicken, beef and turkey meals. Her pork dinner used a variation: pork loin, white potatoes and Parmesan-balsamic Brussels sprouts. The original five recipe plans and shopping amounts are preserved here. Made-at-home labels confirm the meals, not every listed measurement. Choose any order and use actual leftovers for lunches.

This week at a glance

Chicken and Black Bean Quesadillas

Returning meal idea • About 40 minutes • 4–6 servings; 8 folded quesadillas • Recipe on page 5

Cheeseburger Rice Skillet

Returning meal idea • About 45–55 minutes; mostly rice cooking • 6 servings • Recipe on page 6

Lemon Garlic Chicken with Potatoes and Broccoli

Returning meal idea • About 45–50 minutes • 4–6 servings • Recipe on page 7

Honey Mustard Pork with Sweet Potatoes and Green Beans

Original plan with cooked variation • About 45–50 minutes • 4–6 servings • Recipe on page 8

Turkey Spinach Marinara Pasta

Week 3 addition • About 30 minutes • 6 servings • Recipe on page 9

A suggested cooking order

Lemon garlic chicken → Cheeseburger rice skillet → Honey mustard pork → Chicken and black bean quesadillas → Turkey spinach marinara pasta

Choose any order that fits your week, then freeze or refrigerate each meat portion for its safe storage window. See page 2 before putting groceries away.

Keep the cooking notes current

Record actual portions, timing and changes as you cook. The meal confirmations are current; listed quantities remain the recipe plans unless a kitchen note says otherwise.

Prep and lunches for the week

A short first reset and a midweek check keep the prep manageable. Lunch ideas use actual leftovers, not a second batch hidden in the shopping totals.

First ten minutes after shopping

Choose an approximate meal order and label meat portions with recipe names and purchase dates. Refrigerate only what fits the safe storage window; freeze later-use portions immediately.

Keep raw chicken and ground beef or turkey refrigerated no more than 1–2 days before cooking or freezing. Raw pork tenderloin can be refrigerated 3–5 days; freeze it if the chosen meal is later. Store raw meat sealed below ready-to-eat foods.

For the example order, freeze the quesadilla chicken and turkey on shopping day, then thaw each in the refrigerator ahead of its meal. Freeze any other protein that will not be cooked within its window. Do not leave raw poultry in the fridge for the entire week.

A twenty minute vegetable and cheese reset

Dice 2 onions: set aside ½ onion each for quesadillas and rice, and 1 onion for pasta. Refrigerate early-use portions; freeze later-use onion portions if needed.

Shred 10 oz cheddar and label 4 oz for quesadillas and 6 oz for rice. Check condiment and spice quantities before shopping again.

Prep only vegetables for the next few days. Keep washed produce dry and refrigerated as appropriate. Leave later-week vegetables whole until closer to their meal; cut potatoes on cooking day.

Plan a short midweek reset to cut peppers and later-use vegetables and move the next frozen meat portion into the refrigerator. Total initial hands-on reset is about 30 minutes, excluding cooking.

Make lunch components instead of identical dinners

Set aside actual leftovers before serving, but do not remove so much that dinner portions become too small. Store chicken, potatoes and roasted vegetables separately.

Mix lemon chicken with sweet potatoes, add broccoli to turkey pasta, or serve green beans with the rice skillet. These are mix-and-match options only when leftovers are available.

Keep quesadilla filling separate from unused tortillas, and pasta separate from sauce. Reuse the ingredients in a different combination instead of reheating the same assembled plate.

Cool leftovers promptly in shallow containers and refrigerate within 2 hours, or 1 hour above 90°F. Keep the fridge at 40°F or below. Use cooked leftovers within 3–4 days or freeze them; freeze extras promptly if you already know they are for later.

Thaw frozen portions in the refrigerator. Reheat leftovers, including rice and pasta dishes, to 165°F. The original cook date still matters when combining leftovers; reheating does not start a new storage window.

Shopping by aisle

Totals cover every recipe once, including listed toppings. Check what you own and subtract it before shopping. Pantry and fridge staples are required ingredients, not optional extras. No leftover substitution is required to make the list work. All meat weights are raw; vegetables are measured before cooking, and broccoli is trimmed floret weight.

Recipe totals below are amounts needed, not automatic purchases. Check the pantry and fridge list on page 4 before you shop.

Produce

- ☐ 2 medium bell peppers
- ☐ 2 medium onions
- ☐ 1 romaine heart
- ☐ 1½ lb baby potatoes
- ☐ 2 lb broccoli florets, raw trimmed weight
- ☐ ¼ cup lemon juice
- ☐ 2 lb sweet potatoes
- ☐ 1 lb green beans
- ☐ 5 oz baby spinach

Meat and poultry

- ☐ 3½ lb raw boneless skinless chicken breast
- ☐ 1½ lb raw lean ground beef
- ☐ 1½ lb raw pork tenderloin
- ☐ 1 lb raw ground turkey

Dairy and eggs

- ☐ 10 oz cheddar

Canned goods

- ☐ 1 can black beans, 15 oz
- ☐ 1 can diced tomatoes, 14.5 oz
- ☐ 1 jar marinara sauce, 24 oz

Grains and pasta

- ☐ 1½ cups dry brown rice
- ☐ 12 oz dry short pasta

Bread and tortillas

- ☐ 8 flour tortillas, 8-inch

Buy the right amount

Chicken: need 3½ lb total. Portion 2 lb for lemon chicken and 1½ lb for quesadillas. A larger pack is fine; freeze any surplus separately, outside this plan.

Cheddar: need 10 oz total, split 4 oz and 6 oz. One 16-oz block leaves 6 oz for other uses. Do not count the whole block in both recipes.

Pasta: need 12 oz dry. One 16-oz box leaves 4 oz dry. Rice: need 1½ cups dry brown rice; check the package serving measure before buying.

Lemon: need ¼ cup juice. Buy 2 medium lemons to allow for variable juice yield, or use bottled lemon juice already on hand.

Check pantry and fridge first

These are required recipe ingredients. Check the total needed, subtract what you already have and buy only what is missing. Some belong in the refrigerator.

Produce

- ☐ 2 tbsp minced garlic

Dairy and eggs

- ☐ ½ cup plain Greek yogurt
- ☐ ½ cup grated Parmesan

Canned goods

- ☐ ½ cup salsa

Pantry and seasonings

- ☐ 8 tbsp olive oil total (½ cup)
- ☐ 1 tsp ground cumin
- ☐ 1 tsp chili powder
- ☐ 2 tsp garlic powder
- ☐ 3 tsp salt
- ☐ 1¾ tsp black pepper
- ☐ ¼ cup ketchup
- ☐ 1 tbsp yellow mustard
- ☐ ½ cup sliced dill pickles
- ☐ 3 tsp dried Italian seasoning
- ☐ 2 tbsp Dijon mustard
- ☐ 1 tbsp honey

Packages and extra portions

Garlic: need 2 tbsp minced total. Check jarred garlic first; if buying fresh, one bulb usually covers this amount, but clove size varies.

Broccoli: buy 2 lb trimmed florets, or enough whole heads to yield 2 lb after trimming. Save edible stems for another meal.

Yogurt: need ½ cup; Parmesan: need ½ cup grated. Check existing containers first. Tortillas: need eight 8-inch flour tortillas; buy the nearest pack size and keep extras for later.

Buying a 3-lb beef pack? This plan uses 1½ lb. Portion and freeze the other 1½ lb promptly instead of thawing the entire package later.

Cooking extra for parents is a separate scaling choice, not included in these totals. Double only the selected recipe and add one extra copy of its ingredients to the list.

Food safety references

Use a food thermometer. The recipe pages give cooking temperatures; page 2 covers raw meat storage, safe cooling, thawing and reheating.

FoodSafety.gov cold food storage chart

FoodSafety.gov safe cooking temperatures

USDA FSIS safe leftover handling

FoodSafety.gov four steps to food safety

Chicken and Black Bean Quesadillas

Returning meal idea • Made at home

4–6 servings; 8 folded quesadillas | About 40 minutes

The Week 3 quesadilla plan, with seasoning and pan-oil amounts specified.

Ingredients

1½ lb raw boneless skinless chicken breast, cut into small pieces
1 can black beans, 15 oz, drained and rinsed
8 flour tortillas, 8-inch
4 oz cheddar, shredded
2 medium bell peppers, finely diced
½ medium onion, finely diced
½ cup plain Greek yogurt, for serving
½ cup salsa, for serving
2 tbsp olive oil, divided
1 tsp ground cumin
1 tsp chili powder
½ tsp garlic powder
½ tsp salt
¼ tsp black pepper

Method

1. Heat 1 tbsp oil in a large skillet over medium-high heat. Add chicken, cumin, chili powder, garlic powder, salt and pepper. Cook about 6–10 minutes, stirring, until the largest pieces reach 165°F. Transfer to a clean bowl.

2. Add peppers and onion to the skillet. Cook 5–7 minutes, stirring, until tender; add a splash of water if needed to prevent sticking. Stir in beans and chicken and heat through.

3. Divide filling and cheese among the tortillas, placing filling on one half of each. Fold closed. Brush the remaining 1 tbsp oil lightly over the outsides of all eight tortillas.

4. Toast in batches in a large skillet over medium heat, about 2–3 minutes per side, until crisp and cheese melts. Serve with yogurt and salsa. For chilled filling, reheat to 165°F before assembly.

Lunch reuse

Cook only the quesadillas needed tonight; refrigerate extra filling separately and toast with reserved tortillas later. Extra filling also works over rice or alongside leftover vegetables.

Amy has made quesadillas. This is the Week 3 planned adaptation; its exact quantities and method are not a measured record of her cook. Flour tortilla size is specified so filling fits.

Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use within 3–4 days or freeze; reheat to 165°F.

Cheeseburger Rice Skillet

Returning meal idea • Made at home

6 servings | About 45–55 minutes; mostly rice cooking

The Week 3 plan keeps the stovetop option; Amy finished her cooked version in the oven.

Ingredients

1½ lb raw lean ground beef
1½ cups dry brown rice
½ medium onion, diced
1 can diced tomatoes, 14.5 oz, drained
6 oz cheddar, shredded
¼ cup ketchup
1 tbsp yellow mustard
½ tsp garlic powder
½ tsp salt
¼ tsp black pepper
1 romaine heart, chopped, for serving
½ cup sliced dill pickles, for serving

Method

1. Cook the dry rice using the water quantity and method on its package; brown-rice varieties differ. Start it first. Expect roughly 4–4½ cups cooked rice, but use the whole cooked batch.

2. While rice cooks, brown beef and onion in a large, deep skillet over medium-high heat, breaking up the meat, about 8–12 minutes. Check beef reaches 160°F. Drain excess fat.

3. Stir in drained tomatoes, ketchup, mustard, garlic powder, salt and pepper. Simmer 3–5 minutes, then fold in the freshly cooked rice. Add 2–4 tbsp water if it seems dry.

4. Scatter cheddar on top, cover and heat on low 2–3 minutes to melt. Serve lettuce and pickles on the side. If rice was cooked and chilled ahead, heat the completed mixture to 165°F.

Lunch reuse

Store the skillet mixture apart from lettuce and pickles. Reheat the hot portion and add fresh toppings for a different-textured lunch.

Amy finished her cheeseburger rice in the oven; the oven temperature and baking time are not yet recorded. This card preserves the Week 3 planned stovetop option and amounts. Rice is measured dry; water follows the package.

Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use within 3–4 days or freeze; reheat to 165°F.

Lemon Garlic Chicken with Potatoes and Broccoli

Returning meal idea • Made at home

4–6 servings | About 45–50 minutes

A returning lemon chicken meal idea with a newly written method and a generous broccoli batch for lunches.

Ingredients

2 lb raw boneless skinless chicken breast
1½ lb baby potatoes, cut into ½-inch pieces
2 lb broccoli florets, raw trimmed weight
3 tbsp olive oil, divided
¼ cup lemon juice
1 tbsp minced garlic
2 tsp dried Italian seasoning
1 tsp salt, divided
½ tsp black pepper, divided

Method

1. Heat oven to 425°F. Use two rimmed sheet pans. Toss potatoes with 1 tbsp oil, ¼ tsp salt and ⅛ tsp pepper. Spread on the first pan and roast 15 minutes.

2. Even the chicken to about ¾-inch thickness. Mix lemon juice, garlic, Italian seasoning, 1 tbsp oil, ½ tsp salt and ¼ tsp pepper; coat chicken in a bowl. Add chicken to the potato pan, keeping pieces in a single layer.

3. Toss broccoli with the remaining 1 tbsp oil, ¼ tsp salt and ⅛ tsp pepper. Spread across the second pan. Roast both pans about 18–25 minutes, switching rack positions if needed. Remove chicken when its thickest part reaches 165°F; continue potatoes until tender and remove broccoli when done.

4. Rest chicken 5 minutes and slice. Set aside any planned lunch portions in shallow containers before serving. Use an additional pan or batches rather than crowding.

Lunch reuse

Keep chicken, potatoes and broccoli in separate containers. Pair a portion of broccoli with turkey pasta, or pair chicken with sweet potatoes from the pork dinner. These are optional swaps using actual leftovers, not extra food counted in the shopping list.

Amy confirms making lemon-garlic chicken. This Week 3 adaptation is different from the earlier sourced card; its exact amounts are not a measured cooking record. Two pounds of broccoli provides reusable components; leftover yield is not measured.

Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use within 3–4 days or freeze; reheat to 165°F.

Honey Mustard Pork with Sweet Potatoes and Green Beans

Original plan with cooked variation • Made with changes

4–6 servings | About 45–50 minutes

The original tenderloin plan, with Amy’s cooked pork-loin variation noted below.

Ingredients

1½ lb raw pork tenderloin, silver skin removed
2 lb sweet potatoes, cut into ½-inch cubes
1 lb green beans, trimmed
2 tbsp olive oil, divided
2 tbsp Dijon mustard
1 tbsp honey
1 tsp garlic powder
¾ tsp salt, divided
½ tsp black pepper, divided

Method

1. Heat oven to 425°F. Toss sweet potatoes with 1 tbsp oil, ¼ tsp salt and ¼ tsp pepper. Spread on a rimmed sheet pan and roast 15 minutes.

2. Mix Dijon, honey and garlic powder. Season pork with ¼ tsp salt and the remaining ¼ tsp pepper, then coat with the mustard mixture. Place on the sweet-potato pan with space around it.

3. Toss green beans with the remaining 1 tbsp oil and ¼ tsp salt; spread on a second pan. Roast both pans about 18–25 minutes, checking pork early. Remove pork at 145°F in the thickest part and rest at least 3 minutes before slicing. Remove vegetables when tender; continue them separately if necessary.

4. Slice pork across the grain. Keep any extra vegetables separate for later meals. Tenderloins vary in thickness, so use temperature rather than the clock.

Lunch reuse

Use sliced pork and sweet potatoes together for lunch, or swap in broccoli. Extra green beans can accompany the cheeseburger rice skillet.

Amy’s cooked variation used pork loin, white potatoes and Parmesan-balsamic Brussels sprouts. She coated the pork with Dijon, yellow and stone-ground mustards, honey and herbs; potatoes with coconut oil and herbs; sprouts with olive oil, Parmesan and herbs, finished with balsamic glaze. Measured amounts for this variation were not recorded.

Amy reported roasting her variation at 400°F for about 1 hour. The ingredients and method above preserve the original tenderloin plan, which uses a different cut and timing. For either whole pork cut, check for 145°F and rest at least 3 minutes; time alone does not establish doneness.

Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use within 3–4 days or freeze; reheat to 165°F.

Turkey Spinach Marinara Pasta

Week 3 addition • Made at home

6 servings | About 30 minutes

A fast stovetop pasta with sauce stored separately when possible for better leftover texture.

Ingredients

1 lb raw ground turkey
12 oz dry short pasta, such as penne or rotini
1 jar marinara sauce, 24 oz
1 medium onion, diced
5 oz baby spinach
1 tbsp olive oil
1 tbsp minced garlic
1 tsp dried Italian seasoning
¼ tsp salt
¼ tsp black pepper
½ cup grated Parmesan, for serving

Method

1. Bring a pot of water to a boil and cook pasta according to its package. Reserve ½ cup pasta water, then drain.

2. Meanwhile heat oil in a large skillet over medium-high heat. Add turkey and onion; cook about 8–10 minutes, breaking up turkey, until it reaches 165°F.

3. Stir in garlic, Italian seasoning, salt and pepper for 30 seconds. Add marinara and simmer 5 minutes. Stir in spinach a handful at a time until wilted, about 2 minutes.

4. Toss only the pasta being served with its portion of sauce. Add reserved pasta water a tablespoon at a time if needed. Serve with Parmesan and refrigerate remaining sauce and pasta separately.

Lunch reuse

Add leftover broccoli to a reheated portion. Store extra pasta and sauce separately, or freeze sauce in meal-size portions for a later dinner.

Amy made the turkey-spinach pasta and called it delicious. The listed amounts remain the Week 3 recipe plan. A 16-oz pasta box leaves 4 oz dry pasta for another meal; only 12 oz is included here.

Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use within 3–4 days or freeze; reheat to 165°F.