

# *The 3-Day Dinner Plan*

A SIMPLE, FLEXIBLE APPROACH TO DINNER  
THAT WORKS WITH REAL LIFE.

**Less stress. Fewer decisions. Easier dinners.**

*By: Ashton Wheeler*



Welcome!

If dinner has been stressing you out more than it should,  
you're definitely not alone.

This 3-Day Dinner Plan is for busy families who are tired of standing in the kitchen wondering what to make, even when there's food in the fridge. It's all about making dinner feel easier and calmer so you can enjoy the time with your family.

Over the next few days, you'll get a feel for a flexible way of meal planning that actually works with real life. There are no assigned days, no "right" order, and no pressure to do it perfectly. Pick the meal that fits your night and let's get cooking!

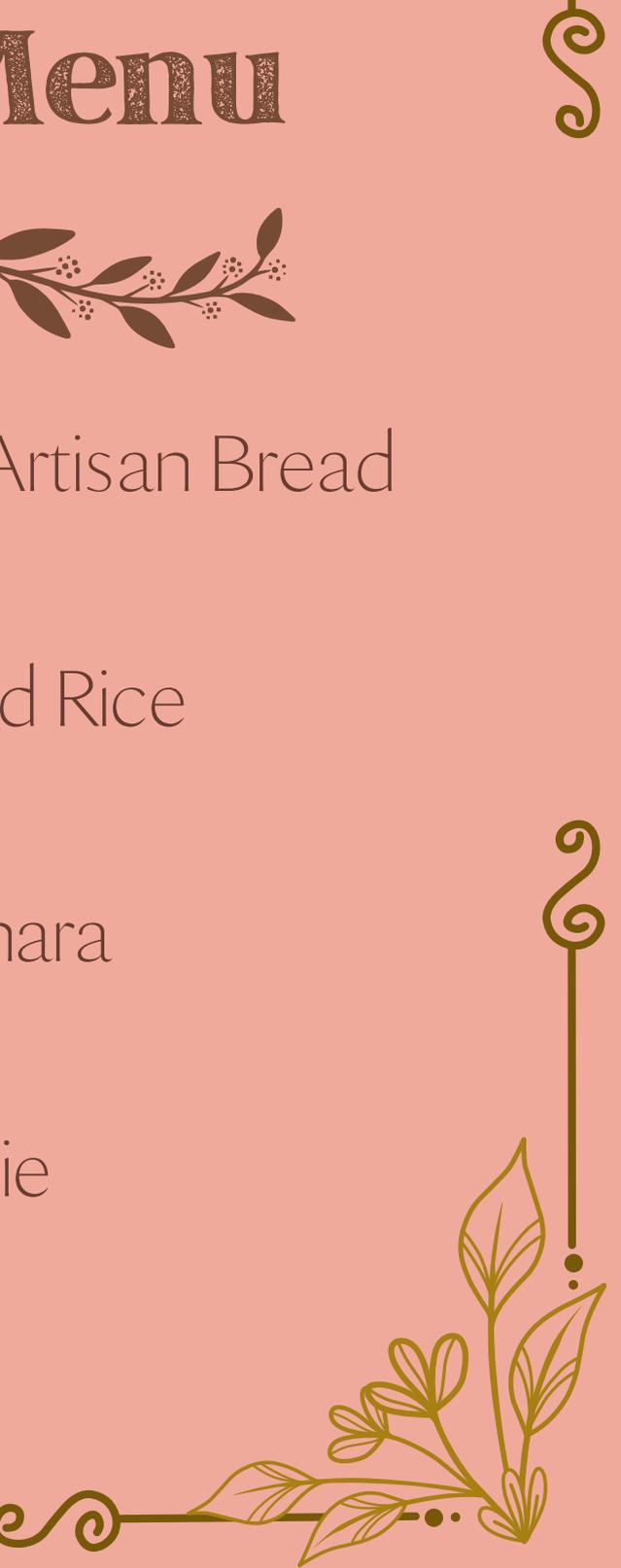


*Ashton*



3-Day

Dinner Menu



Minestrone Soup and Artisan Bread

Beef Bulgogi and Rice

Pasta Carbonara

Key Lime Pie



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# Grocery List

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## Meat:

- Ground Beef
- Bacon

## Dairy:

- Butter
- 1- 8oz container of Plain Greek Yogurt
- Eggs
- Parmesan Cheese;  
Grated

## Fruit & Vegetables:

- 1 Bag of Carrots
- 1 Bunch Green Onions
- 2 Yellow Onions
- 1 Bunch Celery
- Parsley
- 1 Bag Key Limes
- 2 Bulbs of Garlic
- 1 bag of Spinach
- Basil
- 1 Bulb of Ginger



# Grocery List



## Pantry:

- Basmati Rice
- 1 Can Diced Tomatoes; 15 oz
- 1 Can Tomato Sauce; 15 oz
- 1 Can Light Kidney Beans; 15 oz
- 1 Can Dark Kidney Beans; 15 oz
- 1 Can Chickpeas; 15 oz
- 1 Can Green Beans; 15 oz
- Vegetable Broth
- Brown Sugar
- Soy Sauce
- Sriracha
- 1 lb Spaghetti Noodles
- 1 lb Shell Pasta
- Sesame Oil
- Olive Oil
- Flour
- Yeast
- Sugar
- Vanilla
- Graham Crackers

## Seasonings:

- Salt
- Black Pepper
- Italian Seasoning
- Garlic Powder
- Onion Powder
- Red Pepper Flakes
- Cinnamon
- Sesame Seeds

# EQUIPMENT NEEDED



# Minestrone Soup Recipe

This classic minestrone soup is hearty, comforting, and packed with veggies. It's the perfect cozy meal for chilly days or an easy weeknight dinner.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 6 Servings

Author: Ashton Wheeler- The Haunted Foodie



## Ingredients

- 5 Cups Vegetable Broth
- 1/2 Cup Onion; diced
- 2 Cloves Garlic; minced
- 1/2 Cup Celery; diced
- 1/2 Cup Carrots; diced
- 1 Cup Small Shell Pasta
- 1 Can Light Kidney Beans; 15 oz - drained
- 1 Can Dark Kidney Beans; 15 oz - drained
- 1 Can Chickpeas; 15 oz - drained
- 1 Can Green Beans; 15 oz - drained
- 1 Can Diced Tomatoes; 15 oz
- 1 Can Tomato Sauce; 8 oz
- 1 tsp Italian Seasoning
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp Red Pepper Flakes; optional
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 2 TBSP Fresh Basil; chopped
- 1/2 Cup Fresh Spinach
- 1 TBSP Butter
- 1 TBSP Olive Oil

# *Minestrone Soup Recipe*

## Instructions

- Heat a large pot or Dutch oven over medium heat and add the olive oil and butter.
- Add the diced onions, celery and carrots and sauté for 4-5 minutes. Add the garlic and continue to sauté for another 2-3 minutes.
- To the pot, add the remaining ingredients except for the pasta, basil and spinach and bring to a boil.
- When the soup is boiling, add the pasta and cook for another 12-15 minutes or until the pasta and vegetables are tender.
- Add the spinach and fresh basil in the last 2 minutes of cooking.
- Top the soup with parmesan and more fresh basil and serve.

# Artisan Bread

A simple way to make Artisan Bread at home. This recipe comes together quickly and can be easily adapted to fit your flavor profile.

Prep Time: 2 hours and 30 minutes

Cook Time: 45 minutes

Total Time: 3 hours and 15 minutes

Servings: 6 Servings

Author: Ashton Wheeler- The Haunted Foodie



## Equipment

- Large Dutch Oven

## Ingredients

- 3 Cups Flour Bread flour or All-Purpose
- 1 1/2 Cups Water warm
- 1 1/2 tsp Yeast
- 1 tsp Salt
- 1 TBSP Olive Oil

## Instructions

1. Add the warm water, yeast and salt to a large mixing bowl and stir well. Allow the mixture to sit for about 5 minutes so that the yeast can activate.
2. Add in the olive oil and flour and combine. Continue to knead the dough for another 5 minutes until a sticky ball forms.
3. Cover the dough with a dish towel and allow it to rise for about 2 hours.
4. Place the dough onto a floured surface and form into a round loaf. Place the dough onto a piece of parchment paper and cover with a bowl or towel then allow the dough to rise for another 30-45 minutes.
5. While the dough is rising, preheat the oven to 450 degrees. Place a large Dutch oven with the lid on inside to preheat along with the oven.
6. When the oven is done pre-heating, carefully remove the lid of the Dutch oven and place the dough on the parchment paper inside the Dutch oven. Place the lid back on the Dutch Oven and bake the bread at 450 degrees for 30 minutes. Remove the lid and then bake for another 10-15 minutes.
7. Allow the bread to cool for 5-10 minutes before slicing.

## Notes

This recipe is super versatile and welcomes many different flavor add-ins. Some of my favorites include:

- Roasted Garlic and Rosemary
- Jalapeno and Cheddar
- Cinnamon Raisin

Simply add your favorites to the dough when you add the flour.

# Beef Bulgogi

A simple and delicious beef bulgogi recipe.

This recipe is full of flavor and makes an easy weeknight meal!

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Servings: 4 Servings

Author: Ashton Wheeler- The Haunted Foodie



## Ingredients

- 1 lb Ground Beef
- 3 Cloves Garlic; minced
- 1/4 Cup Soy Sauce
- 3 TBSP Brown Sugar
- 1 tsp Ginger; minced
- 1/2 tsp Sriracha
- 2 TBSP Sesame Oil
- Green Onions sliced; for topping
- Sesame Seeds; for topping

## Instructions

1. Combine all of the ingredients except for the ground beef into a bowl and mix well.
2. Brown the ground beef in a pan over medium-high heat.
3. When the ground beef is brown, add the sauce mixture and reduce the heat to medium. Allow the mixture to simmer for 5-10 minutes.
4. Serve over rice or quinoa and top with green onions and sesame seeds.

# Instant Pot Rice

The easiest way to make rice in the Instant Pot

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Servings: 4 Servings

Author: Ashton Wheeler- The Haunted Foodie



## Equipment

- Instant Pot or Pressure Cooker

## Ingredients

- 1 Cup Basmati Rice
- 1 1/2 Cups Vegetable or Chicken Broth
- 2 TBSP Butter
- 1/2 tsp Salt

## Instructions

1. Turn the instant pot to sauté mode and allow it to preheat for 2-3 minutes before adding the butter. When the butter has melted, add the rice and sauté for another 3-4 minutes until lightly toasted.
2. Add the broth and salt then stir well.
3. Place the lid on the instant pot, turn the venting knob to "sealing."
4. Cook the rice on high pressure for 4 minutes. Allow the pressure to release for 10 minutes then quickly release the remaining pressure.
5. Fluff the Instant Pot rice with a fork and serve with your favorite main dish or by itself.

# Pasta Carbonara

This rich and creamy pasta carbonara recipe brings the flavors of Italy straight to your plate!

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Servings: 6 Servings

Author: Ashton Wheeler- The Haunted Foodie



## Ingredients

- 10 Slices Bacon; diced
- 1 lb Spaghetti
- 2-3 TBSP Olive Oil
- 2 Cloves Garlic; minced
- 1/2 Cup Parmesan Cheese; grated
- 1/2 Cup Pasta Water
- 2 Eggs; beaten
- 2 TBSP Fresh Parsley; chopped
- Salt and Pepper to taste

## Instructions

1. Prepare the spaghetti according to the instructions on the box.
2. When the spaghetti has finished cooking, drain the water, reserving about 1/2 cup for later. Toss the pasta with the olive oil and then set aside.
3. Preheat a large skillet over medium heat before adding the chopped bacon. Cook the bacon for 10-12 minutes or until brown.
4. When the bacon has finished cooking, remove from the skillet and allow it to drain on paper towels.
5. To the skillet with the bacon fat, add the garlic and stir until fragrant; approximately 30 seconds.
6. Add the bacon, pasta water and the pasta back to the skillet and toss well.
7. Add the beaten eggs and continue to cook, stirring rapidly for 1-2 minutes.
8. Add the parmesan cheese, salt and pepper and toss well again.
9. Top with fresh parsley and more parmesan cheese before serving.

# Instant Pot Key Lime Pie

A simple and delicious way to make Key Lime Pie in the Instant Pot.

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Servings: 6 Servings

Author: Ashton Wheeler- The Haunted Foodie



## Equipment

- Instant Pot
- 7-Inch Springform Pan

## Ingredients

### For the Graham Cracker Crust:

- 1 Cup Graham Crackers crushed, about 10 crackers
- 5 TBSP Butter melted
- 1 TBSP Sugar
- 1/2 tsp Cinnamon

### For the Pie Filling:

- 1 14oz Can Sweetened Condensed Milk
- 1/2 Cup Yogurt
- 4 Egg Yolks
- 1/2 Cup Key Lime Juice
- 2 TBSP Lime Zest
- 1/2 tsp Vanilla
- 1 tsp Sugar

# *Instant Pot Key Lime Pie*

## Instructions

- Zest and juice the limes and key limes and then set aside.
- Prepare the springform pan by spraying it with cooking spray.
- Crush the graham crackers and melt the butter.
- Mix the crushed graham crackers, melted butter and cinnamon together and then pour into the springform pan.
- Gently press the graham cracker mixture into the bottom of the pan and then place the pan into the freezer for 15 minutes.

## To Prepare the Filling:

- Beat the egg yolks then slowly add the condensed milk along with the remaining ingredients and mix well.
- Pour the filling mixture into the prepped springform pan and top with more lime zest. Cover the springform pan with aluminum foil and place the pan onto the trivet. If you don't have a trivet, you can place the pan directly into the instant pot.
- Add 1 cup of water to the instant pot and lower the trivet into the instant pot.
- Secure the lid and venting knob of the instant pot then cook on high pressure for 20 minutes. When the timer goes off, allow the pressure to naturally release for 10 minutes before releasing the rest of the pressure.
- Carefully remove the pie from the instant pot and place into the refrigerator to cool for at least 3 hours before serving.

Notes: If you don't have access to key limes, you can use 1/4 cup lime juice and 1/4 cup of lemon juice as a substitute in this recipe.

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