



*Saving your family time.*



## SAMPLE

Each week we'll provide you with plans for 6 meals, giving you flexibility on the 7<sup>th</sup> night to enjoy leftovers or one of your family's favorites. Now your only job is to consider which of these meals will work best to fill in the nights of your busy week! We've organized our 6 weekly meals like this:

### No Thaw Night

Take a deep breath! There's nothing to thaw, nothing to prep ahead. Head to the kitchen and throw this meal together!

### Made Ahead Night

You're so smart. You knew tonight would be busy so you put this meal together over the weekend. Tonight just re-heat and serve!

### Build it Yourself Night

Tonight your family will work together to set out an amazing, yet simple, buffet of food and everyone can build their plate or bowl to their liking. Prep together, enjoy a meal together, clean up together. Fun!

### The Most Important



Under each main dish within the menu plan, we've listed several suggestions for fruits and veggie side dishes. Feel free to make adjustments according to your family's preferences, but we strongly encourage you to include 2-4 veggie and/or fruit side dishes with each meal.

Keep it simple! Purchase a nice supply of salad fixin's, veggies (fresh or frozen) that can be steamed or eaten raw, and your favorite fresh fruits.



At meal time, wash some fruit, steam a veggie, toss a salad. These sides will take just a few minutes of prep time and will offer your family much in the way of tasty nourishment!

## This week's Simple Meal plan

Click on the links to access the simple recipes.

Make a note in each box as to which night of this week might work best for each meal.

No-Thaw Night	Crock Pot Night
<u>Peanut Butter Pancakes</u>  Suggested sides: Scrambled eggs with spinach or peppers Unsweetened applesauce	<u>Chicken Soup with a Kick</u>  Suggested sides: Tortilla chips Black beans Fresh pineapple Tossed salad
Made-Ahead Night	No Trouble Night
<u>Chicken Patty Sandwiches</u>  Suggested sides: Lettuce and tomato Pickles and olives Sliced peaches	<u>Simple Baked Salmon</u>  Suggested sides: Asparagus Tossed salad Bread and butter
Build-it-Yourself Night	Savor it Night
Taco Bar*  Suggested sides: Your favorite taco fixin's Sliced nectarines	<u>Alfredo Pasta</u>  Tossed salad Steamed broccoli and carrots Raspberries

\*Taco Bar – Brown hamburger meat and season with this [Taco Seasoning Mix](#). Set out your family's favorite variety of taco fixin's like shells, cheese, olives, lettuce, tomatoes, etc. Let everyone work together to prepare the buffet. (Even little ones can help by tearing lettuce!)

## Simple Gluten Free Adaptations

**Peanut Butter Pancakes** – Use your favorite gluten free flour in place of whole wheat.

**Chicken Soup with a Kick** – is naturally gluten free!

**Chicken Patty Sandwiches** – use gluten free flour to bread chicken patties; serve without a bun or on your favorite GF bun.

**Simple Baked Salmon** – is naturally gluten free!

**Taco Bar** – is naturally gluten free when you use corn tortillas or taco shells!

**Alfredo Pasta** – Use your favorite gluten free pasta.

## Quick Links to Recipes for the Week

Meals...

- [Peanut Butter Pancakes](#)
- [Chicken Soup with a Kick](#)
- [Chicken Patty Sandwiches](#)
- [Simple Baked Salmon](#)
- [Alfredo Pasta](#)

Purchase at the store, or make your own...

- [Taco Seasoning Mix](#)
- [Chicken Broth](#)
- [Natural Peanut butter](#)

## Bonus Tips for the Week

- We've found that steaming carrots with another veggie (like broccoli) brings out the sweetness of the carrots compared to steaming it alone. Plus we're getting more variety of nutrients this way.
- Brown your meat for Taco Night ahead of time so that all you have to do at meal time is reheat and serve.
- Make extra [Chicken Patty Sandwiches](#) to freeze for a quick meal another day.

## Bonus Breakfast Ideas



Here are some delicious breakfast recipes you might want to consider for this week. Be sure to serve protein and fruit with each breakfast and to add needed ingredients to your grocery list!

- [Baked Oatmeal Cups](#)
- [Breakfast Burritos](#)
- [Dark Chocolate Almond Granola](#)

## Grocery Check List

Find a grocery guide on the following page to equip you to prepare this week's meals. Check first to see what you already have on hand! The items listed here are based on a family of 4-6. Make adjustments according to your family's size and portion needs. Add to the list:

- Taco fixin's
- Everything you need for sides
- Plenty of fruits and veggies

## Grocery Guide

<p><b>Fresh Meat</b></p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 pounds ground chicken or turkey</li> <li><input type="checkbox"/> 4-5 salmon fillets</li> <li><input type="checkbox"/> 2 pounds boneless chicken thighs or breasts</li> <li><input type="checkbox"/> 1-2 pounds ground beef for tacos</li> </ul>	<p><b>Dairy and Eggs</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 5 Eggs</li> <li><input type="checkbox"/> Milk (need 3 c.)</li> <li><input type="checkbox"/> 8-ounces Colby jack or cheddar cheese</li> <li><input type="checkbox"/> Butter (need 2 sticks)</li> <li><input type="checkbox"/> 1 pint of cream</li> <li><input type="checkbox"/> 3-ounces cream cheese</li> <li><input type="checkbox"/> Grated parmesan (need ½ cup)</li> </ul>
<p><b>Grains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Buns for chicken sandwiches (optional)</li> <li><input type="checkbox"/> Tortilla chips for soup (optional)</li> <li><input type="checkbox"/> Taco shells of choice</li> </ul>	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Taco seasoning mix (<a href="#">make it homemade if you like</a>)</li> </ul>
<p><b>Frozen Food</b></p> <p>Add your favorite frozen veggies for side dishes...</p>	<p><b>Pantry Staples</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lemon juice (need 2 T.)</li> <li><input type="checkbox"/> 16-ounces salsa</li> <li><input type="checkbox"/> 32-ounces chicken broth (<a href="#">make it homemade if you like</a>)</li> <li><input type="checkbox"/> Peanut Butter (<a href="#">make it homemade if you like</a>)</li> </ul>
<p><b>Baking Ingredients and Spices</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Onion powder (need 4 t.)</li> <li><input type="checkbox"/> Garlic powder (need 3 t.)</li> <li><input type="checkbox"/> Sea salt</li> <li><input type="checkbox"/> Whole grain flour (need 5 c.)</li> <li><input type="checkbox"/> Palm shortening or your frying oil of choice</li> <li><input type="checkbox"/> Olive oil (need 2 T.)</li> <li><input type="checkbox"/> Baking powder (need 1 t.)</li> </ul>	<p><b>Fresh Produce</b></p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 onion</li> <li><input type="checkbox"/> 1 pound fresh asparagus</li> <li><input type="checkbox"/> 1 bulb of garlic</li> </ul> <p>Your additional choices for this week's sides and snacks:</p>