



Simple Meals

Saving your family time.



February 2

Each week we'll provide you with plans for 6 meals, giving you flexibility on the 7th 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!

Crock Pot Night

Yay you! You took a few minutes and put this meal in the crock pot in the morning. At meal time, just open the pot and serve!

Made Ahead Night

You're so smart. You knew tonight would be busy so you put this meal together ahead of time. Tonight just re-heat and serve!

No Trouble Night

Tonight is simple as can be! Just follow the simple instructions for this brainless meal and you're set!

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!

Savor it Night

Use this meal idea on the night you have a little extra time to cook and enjoy family time around the table.

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.

<p>No-Thaw Night</p> <p><u>Last Minute Lentil Chili</u></p> <p>Suggested sides: Raw carrots and cucumbers Sweet peppers and olives Sliced pears</p>	<p>Crock Pot Night</p> <p><u>Melt-in-Your-Mouth Beef Roast</u></p> <p>Suggested sides: Mashed potatoes Tossed salad Roasted asparagus</p>
<p>Made-Ahead Night</p> <p><u>Taco Rice Dinner</u></p> <p>Suggested sides: Steamed green beans Sweet peppers Fresh pineapple</p>	<p>No Trouble Night</p> <p><u>Simple Pizza Chicken Bake</u></p> <p>Suggested sides: Tossed salad Steamed broccoli and carrots Cantaloupe</p>
<p>Build-it-Yourself Night</p> <p><u>Chef Salads</u></p> <p>Suggested toppings Meat, cheese, peas, cucumbers, sweet peppers, carrots, tomatoes, olives, your favorite salad dressings</p>	<p>Savor it Night</p> <p><u>Simple Skillet Taco Pasta</u></p> <p>Suggested sides: Tossed salad Buttered peas Clementines</p>

Simple Gluten Free Adaptations

Last Minute Lentil Chili – is naturally gluten free!

Chef Salad – is naturally gluten free!

Melt-in-Your Mouth Beef Roast – is naturally gluten free!

Taco Rice Dinner– is naturally gluten free!

Simple Pizza Chicken Bake – is naturally gluten free!

Simple Skillet Taco Pasta – Use your favorite gluten free pasta.

Quick Links to Recipes for the Week

Meals...

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

- [Last Minute Lentil Chili](#)
- [Melt-in-Your-Mouth Beef Roast](#)
- [Taco Rice Dinner](#)
- [Simple Pizza Chicken Bake](#)
- [Simple Skillet Taco Pasta](#)
- [Taco Seasoning Mix](#)
- [Chicken Broth](#)
- [Onion Soup Mix](#)
- [Homemade Salad Dressing](#)

Bonus Tips for the Week

- This is a great week to check your supply of spices, stock up, and [put together seasoning mixes to have on hand](#). This will save you a lot of time and provide you with healthier dressings and seasonings!
- Cook the ground beef for [Taco Rice Dinner](#) and [Simple Skillet Taco Pasta](#) at the same time to make it easier to put these meals together.
- The [Melt-in-Your-Mouth Beef Roast](#) suggests that you cook the meat overnight in a crock pot. If you want this meat for your evening meal, simply cook it all day instead!

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!

- [Bacon Cheese Muffins](#)
- [Creamy Orange Cooler](#)
- [Ham and Egg Bowls](#)

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:

- Chef salad fixins
- Everything you need for sides
- Plenty of fruits and veggies

Grocery Guide

<p>Fresh Meat </p> <ul style="list-style-type: none"><input type="checkbox"/> 3-4 pound beef roast<input type="checkbox"/> 2 pounds ground beef<input type="checkbox"/> 3 pounds boneless chicken breasts or thighs<input type="checkbox"/> 6-ounces sliced pepperoni<input type="checkbox"/> Your choice of meat for chef salads	<p>Dairy and Eggs</p> <ul style="list-style-type: none"><input type="checkbox"/> Shredded cheddar or Colby jack cheese (need 3 cups)<input type="checkbox"/> Shredded mozzarella (need 2 cups)
<p>Grains</p> <ul style="list-style-type: none"><input type="checkbox"/> 8-ounces your favorite whole grain pasta	<p>Condiments</p> <ul style="list-style-type: none"><input type="checkbox"/> Taco seasoning mix (make it homemade if you like)<input type="checkbox"/> Worcestershire sauce (need 3 T.)<input type="checkbox"/> Onion soup mix (make it homemade if you like)<input type="checkbox"/> Your favorite salad dressings (or make your own)
<p>Frozen Food</p> <p>Add your favorite frozen veggies for side dishes...</p>	<p>Pantry Staples</p> <ul style="list-style-type: none"><input type="checkbox"/> 16-ounces dry lentils<input type="checkbox"/> 32-ounces tomato sauce<input type="checkbox"/> 32-ounces salsa<input type="checkbox"/> 32-ounces chicken broth (make it homemade if you like)<input type="checkbox"/> Brown rice (need 1 cup)<input type="checkbox"/> 15-ounces black beans<input type="checkbox"/> 14-15 ounces pizza sauce
<p>Baking Ingredients and Spices</p> <ul style="list-style-type: none"><input type="checkbox"/> Minced onion (need 3 T.)<input type="checkbox"/> Garlic powder (need 3 t.)<input type="checkbox"/> Dried red pepper (need 1 t.)<input type="checkbox"/> Olive oil (need 2 T.)<input type="checkbox"/> Chili powder (need 6 t.)<input type="checkbox"/> Sea salt<input type="checkbox"/> Pepper	<p>Fresh Produce</p> <ul style="list-style-type: none"><input type="checkbox"/> Your favorite lettuce or greens for chef salads<input type="checkbox"/> Your favorite salad mix-ins <p>Your additional choices for this week's sides and snacks:</p>

Simple Meals Resources Guide



Each week your Simple Meals guide will include this helpful page listing a variety of ways you might consider as you stock your kitchen with needed grocery items. Some listings will remain permanently on this page for your convenience. Others will change as sale prices and deal items are discovered. Some of the links included are my referral links – and some of the links will score you a \$\$ saving coupon!

[Azure Standard Food Co-op](#)

I highly recommend that you see if Azure Standard is an option in your area. I order online and pick up once each month. The savings have been significant, especially now that I'm a part of the Azure Advantage Program! If you're interested, you can [sign up for Azure Advantage here](#). Cost is \$180, which gets you:

- Additional discounts on hundreds of bulk items, beyond the regular discounts given to non-members
- An Azure Advantage Organic Discovery Box once every two months worth at least \$30. (This ultimately pays for the initial membership fee, which is what sold me on this program!)

[Vitacost Online Store](#)

From coconut oil to chocolate chips, I like shopping Vitacost for pantry staples. Watch for sales, get free shipping on orders over \$50. **BONUS:** [Get \\$10 off your first order of \\$30 when you click through this link.](#)

[iHerb Online Store](#)

I shop the sales here, again, for pantry staples. **BONUS:** [Get \\$5 off your first order when you click through this link!](#)

[Amazon Groceries](#)

Check this page for regular updates on pantry staples that are discounted for a great deal!

This week's deals:

[Get 25% off Larabars](#) and pair it with the 15% off subscribe and save offer.

[Get 20% off Rise Bars](#) and pair it with the 15% off subscribe and save offer.

[Get 20% off Garden Veggie Chips](#) and pair it with the 15% off subscribe and save offer.