

February 8 - February 12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
	Pizza/Tacos	Taco Casserole 1.5 hours	Teriyaki Rice Bowls 45 minutes	Greek Mac n' Cheese 1.25 hours	Leftovers V-day dinner

Future Dinners	Future Food	Future Random
Beef Barley Stew 1 hour 15 minutes (IP) Frijoles con todo 2 hours (IP) 16 Bean Soup w/ Ham & Kale 3 hours Baked Apple Cider Chicken & Cabbage 1.5 hours PLUS MARINATE Spinach Ricotta Stuffed Shells 1.5 hours Blindhuhn 2.5 hours Chipotle Chicken Fideo Soup 45 minutes Vegetarian Enchiladas 1.25 hours Zucchini Boats 45 minutes Turkey Pumpkin Chili 45 minutes Garlic Noodles w/ Beef & Broccoli	Pesto Parmesan Baked Tomatoes (Pesto) Egg, Tomato, and Scallion Sandwich Orzo with Zucchini and Tomato Baked Chicken w/ Roasted Cauliflower and Chickpeas w/ Minted Yogurt 45 minutes Chicken Tenders (AF) Roasted Brussel Sprouts & Butternut Squash 1 hour Cilantro Lime Rice 30 minutes (IP) Moroccan Chickpea and Turkey Stew 6-8 hours (CP) Cheesy Twice Baked Potatoes 45 minutes White Bean Soup 8 hours (CP) Chicken Burrito Bowls 30 minutes (IP) Moroccan Meatballs	Yogurt Chocolate Chip Muffins Pumpkin Roll Brazilian Limeade Mixed Berry Cobbler 1.5 hours Irish Soda Bread Muffins 45 minutes Garlic Knots? 45 minutes (AF) Blueberry Scones 45 minutes Chocolate Ricotta Mousse 3.5 hours (chill) Onion, Red Pepper, & Zucchini Frittata 45 minutes Grilled Chicken w/ Spinach and Mozzarella 20 minutes (Grill) Street Tacos 1.5 hours (marinade) Tortellini Sausage Soup 30 minutes

45 minutes	45 minutes	
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Key:

CP = Crockpot

IP = Instant Pot

AF = Air Fryer

I usually add about 15 minutes or so to whatever the recipe says the actual total time is.
Leftovers are the best friend.