

Creative Meal Train Ideas

I worked with Paulette to find a variety of meals that the family would enjoy. With help from ChatGPT, we pulled together a diverse list of ideas. Of course, there are many ideas beyond this list—please feel to use this as a place to find ideas of what to cook that the family would enjoy! Of course, there are many ideas beyond this list! The options are divided into meals that are ready to heat and eat, as well as meals that are prepped for easy cooking. The idea is that we are giving them some flexibility and a variety of options for home cooked meals. If this is a success I may add another night.

They would like a **cooked ready to heat meal for Monday** and are open to receiving **prepared or ready to cook meals on Wednesday**. I will be adding more meal options and including recipe links as I can over the summer and into fall.

 **Heat & Serve Meals - These are meals that you have cooked at home to serve hot or so they can reheat.**

- Lemon Herb Roasted Chicken with mashed potatoes & green beans
- Stuffed Peppers with garden salad
- Sweet Sausage with buttered noodles and broccoli
- Butter Chicken with jasmine rice and naan
- Curry Chicken with rice and veggies
- Korean Beef Bowls with rice and green veggie
- Crunchy Asian Salad with marinated grilled chicken
- Tortellini (sauce on the side) with garlic bread
- Breakfast-for-Dinner Box (quiche, muffins, fruit salad)
- Cold Noodle Sesame Salad with edamame or grilled shrimp
- Mason Jar Layered Salads with soup and dinner rolls
- Grilled Chicken and Salad

- BBQ Pulled Pork BBQ Kit: reheatable with rolls, slaw, pickles
- Pre-frozen Grilled Chicken Breasts with sides
- Freezer Burritos (breakfast or dinner style)
- Meatloaf & Mashed Potatoes with glazed carrots
- Chicken Alfredo Pasta Bake (mild, creamy, and filling)
- Mac & Cheese with broccoli and grilled chicken
- Mini Pulled Chicken Sliders with fruit and veggie
- Baked Chicken Tenders with sweet potato fries
- Grilled Cheese with fresh fruit and garden salad
- Meatball Subs with cheese and a side salad

Prepped Meals (Ready for the Family to Cook or Finish)

Please provide all ingredients chopped and marinated as needed. Include simple cooking instructions if applicable. They have a Blackstone and will be using that for any grilled items.

- Marinated Flank Steak with roasted potatoes and salad - This would be cooked on their Blackstone
- Lemon Herb Chicken Thighs with grilled asparagus & potatoes
- Teriyaki Chicken or Salmon Filets with pineapple fried rice
- Greek Grilled Chicken or Pork Souvlaki with pita & salad
- Chicken Cutlet with pasta bake and salad (*Wednesday only*)
- Stir Fry Kit: marinated protein, chopped veg, sauce, rice
- Crockpot Dump Meal: honey garlic chicken, etc.
- Breakfast Casserole with fresh fruit salad (*Wednesday only*)

- Pancake Breakfast Box (pancake mix, sausage links, fruit)
 - Nacho Night
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Flexible (Can Be Prepped or Heat & Serve) -

- Greek Chicken Gyro Kit with pita and salad
- Taco Bar
- DIY Baked Potato Bar (bacon bits, broccoli, cheese, sour cream)
- Walking Tacos / DIY Walking Tacos
- Flatbread Pizza Night (flatbreads + toppings)
- Salad Bar - a variety of toppings, dressings, and a protein
- Sloppy Joes with buns, pickles, and coleslaw
- Pasta Salad (classic, pesto, and Mediterranean styles)
- Chicken Caesar Wrap Kit with chopped romaine and toppings - maybe this is one that they have the option to wrap.
- Sweet Italian Sausage & Peppers and Onions with hoagie rolls
- Chicken, Steak, and/or Shrimp Tacos Kit with slaw, lime crema, and tortillas
- Sheet Pan Meals
 - Lemon Garlic Chicken with roasted potatoes and green beans
 - Sausage, Peppers & Onions with garlic bread
 - BBQ Chicken with sweet potatoes and corn on the cob
 - Teriyaki Chicken with broccoli and bell peppers
 - Chicken or Shrimp Fajitas with peppers, onions, and tortillas



Dessert & Extras

- Muffins or breakfast bars
- Fresh baked cookie or brownie box
- Fresh fruit salad or mixed berries