Meal planning

Primary Meals

Chili pasta skillet Enchilada pasta Cheesy tuna helper and peas Hamburger helper and veggie (canned corn or canned green beans)

Spaghetti with garlic cheese toast Beef stroganoff and green beans Chicken parmesan w/ spinach Chicken breast w/ rice and veggies Chicken alfredo with broccoli

Grilled turkey burgers w/ avocado sauce and side Pepper-jack cheeseburgers and side(s) Buffalo ranch chicken sandwiches and side Sloppy joes and side

Chicken quesadillas w/ Mexican rice Beef hard and/or soft shell tacos Beef taco salad Chicken ranch taco salad

Crockpot buffalo ranch shredded chicken wraps/sandwiches
Crockpot shredded chicken tacos
Crockpot pork chops & stuffing w/ mashed potatoes
Crockpot chicken pot pie w/ biscuits
Crockpot shredded chicken tacos
Crockpot chili and cornbread cake
Crockpot beef stew

Chicken parm casserole Tater tot casserole Tuna noodle casserole Frozen lasagna w/ garlic cheese toast

Secondary Meals

Canned soup and sandwich PB&Js
Frozen burritos

Hot dogs and mac n cheese
Grilled cheese and tomato soup/ramen
Chicken salad sandwiches and chips
'Pasta Sides' with canned chicken
Leftover chicken/veggie/rice bowl
Cheesy chicken roll ups
Waffles
Frozen pizza and mac n cheese
Chicken strips and side(s)
Baked potato
Frozen dinners

Take and Go Breakfast

Muffins
PopTarts
'Uncrustables' sandwiches
Frozen breakfast burritos
Smoothies