

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