

6 Meals in 90 Minutes or Less

Ingredient List for a Family of 4

(You can double or triple amounts)

BAKE TIMES @ 350 degrees

Roast/Brisket/ Red meat

Approx. 2.5 hours

Roasted Eggplant

1 hour

Basil and oregano blistered
tomatoes

30 minutes

Spiced chicken

1.5 hours

Lemon infused beets

45 minutes

Honey garlic side of salmon

23 minutes on 450

Roasted root veggies

1.5 hours

Roasted Garlic

45 minutes

Roasted baby peppers

20 minutes

Mixed Potato Medley

1.5 hours

Glazed mushrooms and red
onions

45 minutes

Oven Ratatouille

1.5 hours

Portebello mushrooms

45 minutes

Butternut squash and apples

1.5 hours

Vegetable-smothered
Chicken Breast 45 minutes

Cauliflower Poppers

1.5 hours

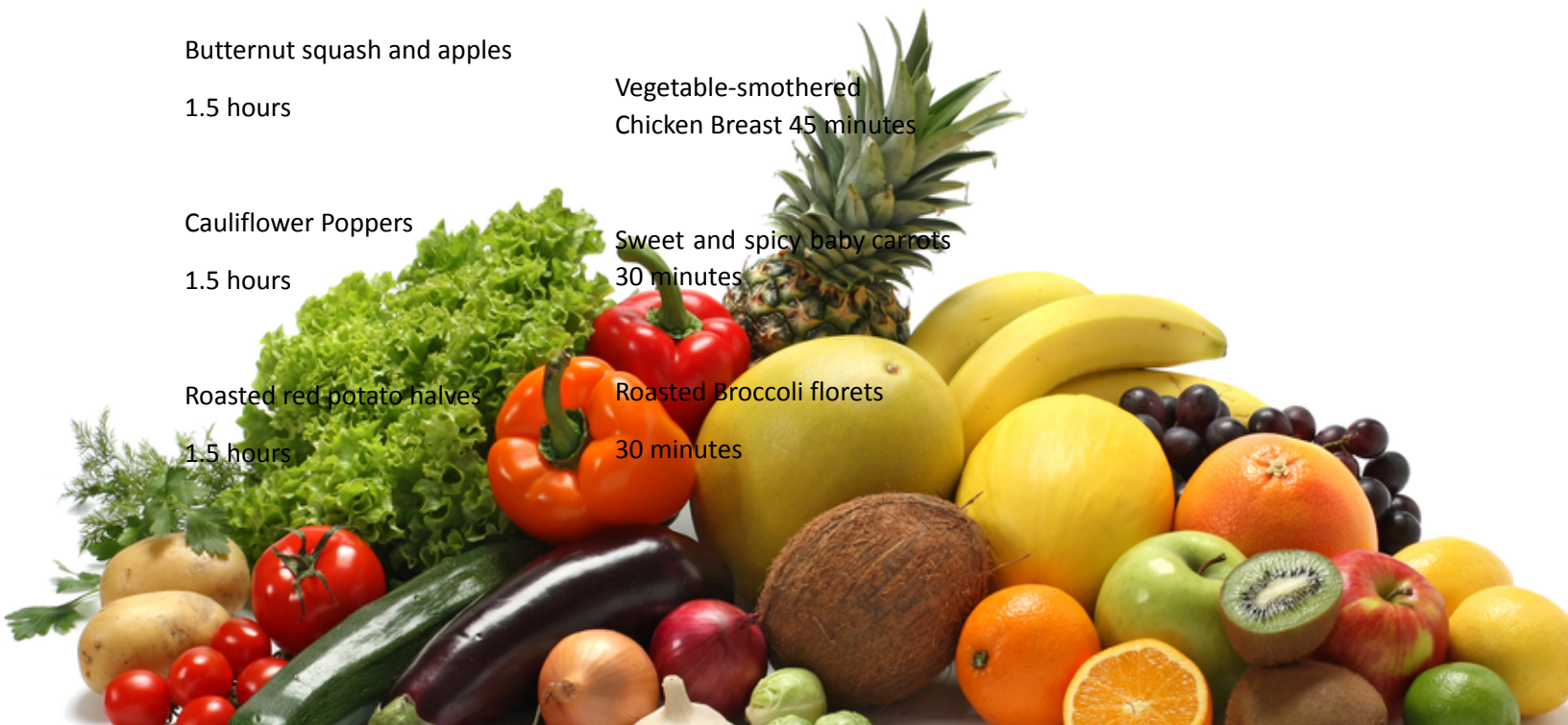
Sweet and spicy baby carrots
30 minutes

Roasted red potato halves

1.5 hours

Roasted Broccoli florets

30 minutes



6 Meals in 90 Minutes or Less

Ingredient List for a Family of 4

(You can double or triple amounts)

MEALS:

1. Vegetable-smothered
chicken breast

Roasted root vegetables

Portobello mushrooms

2. Honey garlic salmon

Lemon infused beets

Roasted baby peppers

Diamond eggplant halves

3. Spiced chicken

Potato medley

Oven baked ratatouille

Roasted broccoli

4. Roast/brisket

Glazed mushrooms and red
onions

Red potato halves

5. Vegetable-smothered
chicken breast

Roasted garlic

Basil and oregano blistered
tomatoes

Squash and apple cubes

6. Spiced chicken

Cauliflower poppers

Sweet and spicy tzimmes

