



Meal Ideas

Tater Tot Casserole	Pulled Pork	Sloppy Joes
Chicken Tortilla Soup	Rotisserie Chicken	Kielbasa with shrimp and rice
Cranberry Chicken	Sandwiches	Breakfast for Dinner
Meatball Subs	Stuffed Cabbage	Beef Stew
Bacon Wrapped Hot Dogs	Quesadillas	Arroz con Pollo
Tacos—Beef	Fish & Chips	Pizza
Tacos—Chicken	Grilled Cheese	Goulash
Tacos—Shrimp	Meat Loaf	Beef Stew
Grilled Burgers	Chicken & Barley Soup	Pineapple Chicken
Grilled Chicken	Taco Salad	Spaghetti & Meat Balls

Helpful Hints:

- Schedule recipes that require fresh fruits or veggies close to your shopping day so they are still fresh
- Set yourself a reminder to take frozen meals out to thaw at least 2 days in advance (3 days if they are in a deep freezer)
- Crock pot liners are your friend!! They can save you a LOT of clean up time.

Benefits:

- Reduce how much you spend on groceries
- Reduce food waste (because you are planning to use the food you purchase)
- The entire family can participate in meal prep
- Freezing meals can be a lifesaver on busy days, or on days when life happens and you need to re-group. You have a few meals in the freezer, ready to go!