




Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Kid-Friendly</p> <p>Warm Barbecue Chicken Salad</p> <p><i>Whole-Grain Rolls and Summer Melon</i></p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	15m	15m	30m	<p>1 rotisserie chicken, deboned and meat shredded</p> <p>1 (16- or 18-oz) bottle barbecue sauce</p> <p>1 (2.5-oz) pkg fully cooked bacon (11 to 13 slices)</p> <p>2 (9-oz) bags salad greens</p> <p>1 (15-oz) can corn, drained</p> <p>1 bunch green onions, chopped (white and light green parts only)</p> <p>2 Roma tomatoes, chopped</p> <p>2 cups shredded Cheddar cheese</p> <hr/> <p><i>6 (1.5-oz) frozen artisan whole-grain rolls</i></p> <p><i>1 cut-and-wrapped piece watermelon</i></p>	<p>Combine shredded chicken and 1 cup of the barbecue sauce in a microwave-safe dish; cover with plastic wrap. Heat in the microwave just until warm. Reheat bacon in microwave according to package directions; crumble. Assemble salads on 6 plates each with lettuce, corn, onions, tomato and barbecue chicken; top with shredded cheese and bacon. Serve with remaining barbecue sauce, if desired.</p> <hr/> <p><i>Bake rolls according to package directions. Cut watermelon into chunks to serve.</i></p>
Prep	Cook	Total						
15m	15m	30m						
<p>Meal 2</p> <p>Turkey Reuben Wraps</p> <p><i>Parmesan Potato Chips with Ranch Dressing Dip</i></p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">10m</td> <td style="padding: 2px;">25m</td> </tr> </table> </div>	Prep	Cook	Total	15m	10m	25m	<p>6 burrito-size flour tortillas</p> <p>1 cup Thousand Island salad dressing</p> <p>1 (10-ct) pkg sliced Swiss cheese</p> <p>1 (14-oz) pkg thinly sliced smoked turkey breast</p> <p>1 (14.5-oz) can sauerkraut, well drained</p> <p>2 beefsteak tomatoes, thinly sliced</p> <hr/> <p><i>1 (8.5-oz) bag potato chips</i></p> <p><i>½ cup shredded Parmesan cheese</i></p> <p><i>1 cup Ranch dressing</i></p>	<p>Arrange tortillas on a flat surface; spread with salad dressing. Arrange cheese over center of tortillas, cutting to fit, if necessary. Arrange turkey over cheese. Divide sauerkraut and tomatoes over turkey. Tightly roll up tortillas to enclose filling. Cut in half to serve.</p> <p>Note: To make Homemade Thousand Island dressing: Mix together ½ cup mayonnaise, ¼ cup ketchup, ½ cup sweet pickle relish, pinch of salt and pepper.</p> <hr/> <p><i>Preheat oven to 200°F. Arrange chips on a large rimmed baking sheet; bake 10 minutes or until chips are shiny. Sprinkle with cheese. Serve chips with dressing for dipping.</i></p>
Prep	Cook	Total						
15m	10m	25m						
<p>Meal 3</p> <p>Chipotle Flank Steak Strips</p> <p><i>Seasoned Rice and Broccoli</i></p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">10m</td> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>1 tsp garlic salt</p> <p>½ tsp ground chipotle chile pepper (or use chili powder)</p> <p>1 tsp dried oregano</p> <p>1½ lb flank steak, trimmed</p> <p>1 Tbsp olive oil</p> <hr/> <p><i>1½ cups uncooked long-grain rice</i></p> <p><i>2 Tbsp butter</i></p> <p><i>1 tsp dried fennel seeds</i></p> <p><i>1 tsp dried parsley</i></p> <p><i>2 (12-oz) pkg steam-in-bag broccoli florets</i></p>	<p>Preheat grill or a large grill pan over medium-high heat. Stir together garlic salt, chipotle pepper and oregano. Brush both sides of steak with oil, and sprinkle with spice mixture. Cook 5 to 6 minutes per side or to desired doneness. Let stand 10 minutes before thinly slicing across the grain. Serve steak strips over a bed of rice.</p> <hr/> <p><i>Cook rice according to package directions, using 2 Tbsp butter. Once cooked, add fennel seeds and parsley; toss and keep warm. Microwave both bags broccoli according to package directions; season to taste.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 4</p> <p>So Simple Grilled Pork Chops</p> <p><i>Creamy Pasta and Glazed Carrots</i></p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	15m	15m	30m	<p>¼ cup pork seasoning rub</p> <p>1 Tbsp olive oil</p> <p>6 boneless pork loin chops</p> <hr/> <p><i>2 (4-oz) pkg Parmesan noodles</i></p> <p><i>1 (16-oz) bag baby carrots</i></p> <p><i>1 Tbsp lemon juice</i></p> <p><i>2 Tbsp butter</i></p> <p><i>2 tsp cinnamon sugar</i></p> <p><i>¼ tsp salt</i></p>	<p>Preheat outdoor grill to medium-high heat or use indoor grill pan. Stir together pork rub and oil; rub mixture all over pork chops. Let stand 10 minutes. Grill, covered with grill lid, 5 to 6 minutes per side or until done.</p> <hr/> <p><i>Cook noodles according to package directions. Place carrots in a saucepan, and fill halfway with water. Bring to a boil; reduce heat, and simmer 8 to 10 minutes. Drain. Heat lemon juice, butter, cinnamon sugar and salt in a small dish in microwave until butter melts. Toss with hot cooked carrots until sugar is dissolved.</i></p>
Prep	Cook	Total						
15m	15m	30m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 5 Quick Prep Slow Cooker</p> <p>French Dip Sandwiches</p> <p><i>Melon and Grape Salad</i></p>  <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>7h 15m</td> <td>7h 25m</td> </tr> </table>	Prep	Cook	Total	10m	7h 15m	7h 25m	<p>1 (14-oz) can beef broth 1 envelope onion soup mix 2 lb boneless round steak or chuck roast, trimmed 1 (1-lb) loaf French bread 2 cups shredded mozzarella cheese (or use 8 oz sliced)</p> <hr/> <p><i>1 honeydew melon, chilled</i> <i>½ lb seedless red grapes</i> <i>2 tsp lemon juice</i> <i>1 tsp honey</i></p>	<p>Combine broth and onion soup mix in a 4-or 5-quart slow cooker. Add roast. Cover and cook on LOW 7 to 8 hours or until very tender. Preheat oven to 375°F. Remove roast, and shred; save the drippings. Slice French bread in half lengthwise. Layer shredded beef and then cheese on bread. Close; wrap in foil. Bake 15 minutes. Slice and serve with bowls of au jus for dipping.</p> <hr/> <p><i>Cut melon in half, and remove seeds. Slice, removing rind, and cut into small chunks. Combine grapes and melon in a bowl. Drizzle with lemon juice and honey; toss to coat.</i></p>
Prep	Cook	Total						
10m	7h 15m	7h 25m						
<p>Meal 6 Kid-Friendly</p> <p>Easy Chicken Enchiladas</p> <p><i>Saffron Rice and Shredded Lettuce</i></p>  <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table>	Prep	Cook	Total	10m	20m	30m	<p>1 rotisserie chicken, deboned and meat chopped 1 (10-oz) can diced tomato with green chiles, drained 1 (15-oz) can black beans, drained and rinsed 1 (16-oz) container refrigerated mild white cheese dip 6 (8-inch) flour tortillas Toppings: shredded Cheddar cheese, salsa</p> <hr/> <p><i>1 (10-oz) pkg yellow rice</i> <i>1 (8-oz) pkg shredded iceberg lettuce</i></p>	<p>Preheat oven to 375°F. Combine chicken, diced tomatoes and black beans; stir gently. Microwave cheese dip according to package directions. Stir just enough cheese dip into chicken mixture to coat the chicken. Spoon about ¼ cup chicken mixture down center of each tortilla; roll up. Place roll ups, seam side down, in a large baking dish; drizzle with remaining white cheese dip. Cover with foil; bake 10 minutes. Uncover and bake 10 minutes longer. Serve with toppings.</p> <hr/> <p><i>Cook rice according to package directions. Serve rice and lettuce with enchiladas.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 7</p> <p>Pan-Seared Lemon-Pepper Chicken</p> <p><i>Homemade Rice Pilaf and Steamed Green Beans</i></p>  <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>5m</td> <td>20m</td> <td>25m</td> </tr> </table>	Prep	Cook	Total	5m	20m	25m	<p>6 Tbsp butter 2 lb pkg chicken tenderloins 2 Tbsp lemon-pepper seasoning</p> <hr/> <p><i>3 oz uncooked thin spaghetti, broken into small pieces to yield ½ cup</i> <i>2 Tbsp butter</i> <i>¾ cup uncooked white rice</i> <i>1 (14½-oz) can chicken broth</i> <i>2 (12-oz) steam-in-bags fresh green beans</i></p>	<p>Melt half of butter in a large nonstick skillet over medium-high heat. Sprinkle chicken with lemon-pepper. Place enough chicken to fill skillet; cook 4 minutes, flip. Cook 3 minutes longer. Repeat with remaining butter and chicken.</p> <hr/> <p><i>Sauté spaghetti in butter in a medium skillet, stirring until browned. Add rice, and stir until well coated with butter. Slowly add broth, and simmer until liquid is absorbed. Microwave both bags green beans according to package directions; season to taste.</i></p>
Prep	Cook	Total						
5m	20m	25m						

Meal	✓	Grocery Items to Purchase
		Produce
1		1 bunch green onions
1		2 (9-oz) bags salad greens
1		2 Roma tomatoes
1,5		1 cut-and-wrapped piece watermelon AND 1 honeydew melon
2		2 beefsteak tomatoes
3		2 (12-oz) pkg steam-in-bag broccoli florets
4		1 (16-oz) bag baby carrots
5		½ lb seedless red grapes
6		1 (8-oz) pkg shredded iceberg lettuce
7		2 (12-oz) steam-in-bags fresh green beans
		Meat & Seafood
1		1 (2.5-oz) pkg fully cooked bacon (11 to 13 slices)
3		5½ lb flank steak
4		6 boneless pork loin chops (about 2¼ lbs)
5		2 lb boneless round steak or chuck roast
7		2 lb pkg chicken tenderloins
		Refrigerated
1		1 (8-oz) bag shredded Cheddar cheese
2		1 (10-count) pkg sliced Swiss cheese
2		1 container freshly shredded Parmesan cheese, need ½ cup
5		1 (8-oz) bag shredded mozzarella cheese
6		Toppings: shredded Cheddar cheese, salsa
6		1 (16-oz) container refrigerated mild white cheese dip
		Frozen
1		1 bag frozen artisan whole-grain rolls, need 6
		Canned & Packaged
1		1 (15-oz) can corn
1		1 (16- or 18-oz) bottle barbecue sauce
2		1 (8-oz) bottle Ranch dressing, need 1 cup
2		1 (8-oz) bottle Thousand Island salad dressing, need 1 cup
2		1 (14.5-oz) can sauerkraut
2,6		1 pkg burrito-size flour tortillas, need 12
3		½ tsp ground chipotle chile pepper (or use chili powder)
3,7		1 lb bag long-grain rice, need 2¼ cups
4		2 (4-oz) pkg Parmesan noodles
4		1 jar pork seasoning rub, need ¼ cup
5		1 (14-oz) can beef broth
5		1 box onion soup mix, need 1 envelope
6		1 (10-oz) can diced tomato with green chiles
6		1 (10-oz) pkg yellow rice
6		1 (15-oz) can black beans
7		1 (14½-oz) can chicken broth
7		1 lb box thin spaghetti, need 3 oz
		Bakery & Deli
1,6		2 rotisserie chickens
2		1 (14-oz) pkg thinly sliced smoked turkey breast
5		1 (1-lb) loaf French bread

Necessary Staples
Meal 1
No staples for this meal
Meal 2
1 (8.5-oz) bag potato chips
Meal 3
1 tsp garlic salt
1 tsp dried oregano
1 tsp dried fennel seeds
1 Tbsp olive oil
2 Tbsp butter
1 tsp dried parsley
Meal 4
1 Tbsp olive oil
2 Tbsp butter
1 Tbsp lemon juice
2 tsp cinnamon sugar
Meal 5
2 tsp lemon juice
1 tsp honey
Meal 6
No staples for this meal
Meal 7
8 Tbsp butter
2 Tbsp lemon-pepper seasoning