

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1 Slow Cooker</p> <p style="text-align: center;">Cheesy French Dip Sandwiches</p> <p style="text-align: center;"><i>The Most Delicious French Fries</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">20m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total		20m	20m	40m	<p>2 lb chuck roast 1 (14.5-oz) can beef broth 1 (10.5-oz) can French onion soup 1 sweet onion, thinly sliced 2 tsp dried thyme 6 sub rolls, split 1 (8-oz) pkg sliced provolone cheese</p> <hr/> <p><i>1 (32-oz) pkg frozen crinkle cut french fries</i> <i>¼ cup butter, melted</i> <i>1 Tbsp dried parsley</i></p>	<p>Rub roast with salt and pepper; place in a 5- or 6-quart slow cooker. Pour broth and soup over roast. Top with onion and thyme; cover and cook on LOW 8 to 10 hours or until tender. Preheat oven to 400°F. Remove roast from cooker; thinly slice. Strain cooking liquid into a large bowl. Arrange roast over bottom half of sub rolls; top with cheese, and cover with roll tops. Wrap sandwiches in foil, and bake 20 minutes; serve with au jus for dipping.</p> <hr/> <p><i>Bake fries according to package directions. Stir together melted butter and parsley in a bowl; drizzle over fries, and toss to coat.</i></p>
	Prep	Cook	Total							
	20m	20m	40m							
<p>Meal 2 Easy for Entertaining</p> <p style="text-align: center;">Roasted Butternut Squash and Ham Soup</p> <p style="text-align: center;"><i>Crunchy Garlic Bread</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">45m</td> <td style="text-align: center;">1h</td> </tr> </table>		Prep	Cook	Total		15m	45m	1h	<p>1 (3-lb) butternut squash, peeled, seeded, and cubed 1 lb sweet potatoes, peeled and cubed 1 sweet onion, cut into wedges 3 Tbsp olive oil, divided 1 tsp kosher salt, ½ tsp pepper 1 (8-oz) pkg diced ham, drained 2 cloves garlic, minced 1 (32-oz) carton chicken broth 1 tsp dried thyme</p> <hr/> <p><i>1 (16-oz) loaf French bread</i> <i>2 Tbsp olive oil</i> <i>1 clove garlic, minced</i></p>	<p>Preheat oven to 400°F; line a rimmed baking sheet with foil. Toss together squash, potato, onion, 2 Tbsp oil, salt and pepper on pan; spread in an even layer. Bake 25 to 30 minutes or until vegetables are tender. Meanwhile, heat remaining 1 Tbsp oil over medium-high heat in a Dutch oven; add ham, and cook 5 minutes or until lightly browned. Remove ham, and drain on paper towels. Add garlic to pan; cook 1 minute. Stir in squash mixture, broth, and thyme; bring to a boil, reduce heat, and simmer 10 minutes. Pour half of soup into container of a blender, remove center piece from blender lid and cover with a towel; process until smooth. Repeat with remaining soup. Top servings with ham.</p> <hr/> <p><i>Preheat oven to 400°F. Cut bread in half lengthwise; stir together oil and garlic. Brush over cut sides of bread. Bake 10 minutes or until bread is crisp.</i></p>
	Prep	Cook	Total							
	15m	45m	1h							
<p>Meal 3 Classic Favorite</p> <p style="text-align: center;">Onion and Pepper Smothered Steak</p> <p style="text-align: center;"><i>Mashed Potatoes and Steamed Peas</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">1h 15m</td> <td style="text-align: center;">1h 30m</td> </tr> </table>		Prep	Cook	Total		15m	1h 15m	1h 30m	<p>3 Tbsp all-purpose flour 1 Tbsp seasoned salt 2 lb round steak, cut into ¼-inch-thick strips 4 Tbsp olive oil, divided 3 cups beef broth 2 red bell peppers, thinly sliced 2 sweet onions, thinly sliced</p> <hr/> <p><i>2 (20-oz) pkg refrigerated mashed potatoes</i> <i>1 (15-oz) pkg frozen peas</i></p>	<p>Place flour and seasoned salt in a zip-top plastic bag; add steak, seal bag, and shake to coat. Heat 2 Tbsp oil in a large skillet over medium-high heat; add half of steak, and cook 3 to 5 minutes or until browned. Remove from pan and set aside. Repeat with remaining oil and steak. Add broth to pan, scraping up browned bits from bottom of pan with a wooden spoon. Return meat to pan along with peppers, and onions. Bring to a boil over medium-high heat; reduce heat, and simmer, 1 hour, stirring occasionally, until beef is tender. Serve over mashed potatoes.</p> <hr/> <p><i>Heat potatoes according to package directions. Steam peas according to package directions; season to taste.</i></p>
	Prep	Cook	Total							
	15m	1h 15m	1h 30m							

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4 On the Grill</p> <p style="text-align: center;">So-Easy Barbecue Chicken</p> <p style="text-align: center;"><i>Green Bean Casserole and Scalloped Potatoes</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Prep</td> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Cook</td> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> <td style="padding: 2px 5px;">45m</td> </tr> </table> </div>	Prep	Cook	Total	15m	30m	45m	<p>2 lb chicken tenderloins 1 (18-oz) bottle barbecue sauce, divided</p> <hr/> <p>1 (10.75-oz) can cream of mushroom soup ¼ cup milk 2 (15-oz) pkg frozen green beans 1 Tbsp Worcestershire sauce ¼ tsp pepper 1 (2.8-oz) container French fried onions, coarsely crushed 1 (4.7-oz) box scalloped potatoes</p>	<p>Preheat grill or grill pan to medium-high heat. Sprinkle chicken with salt and pepper; place in a large bowl. Add 1 cup barbecue sauce, tossing to coat. Grill chicken, covered with grill lid, 5 to 7 minutes per side or until done. Serve with remaining barbecue sauce.</p> <hr/> <p><i>Preheat oven to 350°F; spray a 9-inch baking dish with cooking spray. Cook beans according to package directions. Transfer beans to a mixing bowl. Stir together soup, milk, green beans, Worcestershire sauce and pepper; spoon into baking dish. Cover; bake 25 minutes. Uncover and sprinkle with fried onions; bake 10 minutes longer. Prepare potatoes according to package directions.</i></p>
Prep	Cook	Total						
15m	30m	45m						
<p>Meal 5 Crowd-Pleaser</p> <p style="text-align: center;">Sausage and Mushroom Pasta</p> <p style="text-align: center;"><i>Mixed Greens with Pears</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Prep</td> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Cook</td> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>1 (19-oz) pkg sweet Italian sausage 1 (16-oz) pkg sliced fresh mushrooms 1 cup chopped onion 1 (24-oz) jar pasta sauce 2 cups chicken broth 2 tsp dried Italian seasoning 1 tsp garlic salt 2 (9-oz) pkg refrigerated cheese tortellini 1 (8-oz) pkg shredded Italian blend cheese</p> <hr/> <p>1 (5-oz) carton mixed salad greens 2 pears, sliced ½ cup Ranch salad dressing</p>	<p>Remove casings from sausage and crumble into a large skillet. Add mushrooms and onion; cook over medium heat until sausage is browned and crumbles; drain and return to skillet. Stir in pasta sauce, broth, Italian seasoning and garlic salt; stir in tortellini. Bring to a boil, cover, reduce heat, and simmer 8 minutes or until pasta is tender. Sprinkle with cheese; cover, and let stand 2 minutes or until cheese is melted.</p> <hr/> <p><i>Toss together all ingredients just before serving.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 6 Quick and Easy</p> <p style="text-align: center;">Chicken and Spinach Flatbreads</p> <p style="text-align: center;"><i>Apples with Honey-Yogurt Dip</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Prep</td> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Cook</td> <td style="border-bottom: 1px solid black; padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div>	Prep	Cook	Total	10m	15m	25m	<p>1 (23-oz) pkg fajita-sized flour tortillas 2 Tbsp olive oil 1 (5-oz) carton fresh baby spinach 1 (22-oz) pkg refrigerated grilled chicken strips, chopped 2 plum tomatoes, thinly sliced 1 (8-oz) pkg shredded mozzarella cheese ½ cup Ranch salad dressing</p> <hr/> <p>2 (5.3-oz) cartons plain Greek yogurt 3 Tbsp honey 3 Fuji apples, cored and sliced</p>	<p>Preheat oven to 400°F. Arrange desired amount of tortillas on baking sheets; brush with oil and bake 5 minutes. Top tortillas with spinach, chicken, and tomatoes; sprinkle with cheese. Bake 10 minutes or until tortillas are crisp and cheese is melted. Drizzle with salad dressing before serving.</p> <hr/> <p><i>Stir together yogurt and honey in a small bowl. Thinly slice apples, and serve with yogurt for dipping.</i></p>
Prep	Cook	Total						
10m	15m	25m						

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Meal 7	Breakfast for Dinner	5 large eggs ½ cup milk 3 Tbsp firmly packed brown sugar 2 tsp ground cinnamon 3 cups crushed cornflakes 1 (20-oz) pkg sliced whole grain bread ¼ cup butter, divided 1 (24-oz) bottle pancake syrup <hr/> 1 (14-oz) pkg cocktail smoked sausages ¼ cup firmly packed brown sugar ¼ cup ketchup 2 Tbsp mustard 1 lb seedless red or green grapes	<p>Whisk together eggs, milk, sugar, and cinnamon in a shallow dish. Place crushed cornflakes in a separate shallow dish. Dip toast in egg mixture, letting excess drip off. Dredge toast in cornflakes, pressing gently to adhere. Melt 1 Tbsp butter in a large nonstick skillet or griddle over medium heat. Add 4 slices toast, and cook 3 to 4 minutes per side or until browned. Remove from pan, and keep warm. Repeat procedure with remaining butter and toast. Serve with pancake syrup.</p> <hr/> <p><i>Preheat oven to 350°F. Toss together all ingredients, except grapes, in a 9-inch baking dish; cover and bake 30 minutes. Serve with grapes.</i></p>						
	<p>Crunchy French Toast</p> <p><i>Tangy Cocktail Smokies and Seedless Grapes</i></p>								
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Classic Meals Family Plan

Sample Plan

Meal	✓	Grocery Items to Purchase
		Produce
1,2,3,5		5 sweet onions (about 2½ lb)
2		1 lb sweet potatoes
2		1 (3-lb) butternut squash
3		2 red bell peppers
5		2 pears (about 1 lb)
5		1 (16-oz) pkg sliced fresh mushrooms
5		1 (5-oz) carton mixed salad greens
6		2 plum tomatoes (about 8 oz)
6		1 (5-oz) carton fresh baby spinach
6		3 Fuji apples (about 1½ lb)
7		1 lb seedless red or green grapes
		Meat & Seafood
1		2 lb chuck roast
2		1 (8-oz) pkg diced ham
3		2 lb round steak
4		2 lb chicken tenderloins
5		1 (19-oz) pkg sweet Italian sausage
6		1 (22-oz) pkg refrigerated grilled chicken strips
7		1 (14-oz) pkg cocktail smoked sausages
		Refrigerated
1		1 (8-oz) pkg sliced provolone cheese
3		2 (20-oz) pkg refrigerated mashed potatoes
5		2 (9-oz) pkg refrigerated cheese tortellini
5		1 (8-oz) pkg shredded Italian blend cheese
6		1 (8-oz) pkg shredded mozzarella cheese
6		2 (5.3-oz) cartons plain Greek yogurt
7		½ dozen large eggs, need 5
		Frozen
1		1 (32-oz) pkg frozen crinkle cut french fries
3,4		1 (15-oz) pkg frozen peas AND 2 (15-oz) pkg frozen green beans
		Canned & Packaged
1		1 (10.5-oz) can French onion soup
1,3		1 (32-oz) carton AND (14.5-oz) can beef broth, need about 5 cups
2,5		2 (32-oz) cartons chicken broth, need 6 cups
4		1 (10.75-oz) can cream of mushroom soup
4		1 (4.7-oz) box scalloped potatoes
4		1 (2.8-oz) container French fried onions
4		1 (18-oz) bottle barbecue sauce
5		1 (24-oz) jar pasta sauce
6		1 (23-oz) pkg fajita-sized flour tortillas
7		1 (24-oz) bottle pancake syrup
7		1 (18-oz) box cornflakes, need 3 cups crushed
7		1 (20-oz) pkg sliced whole grain bread
		Bakery & Deli
1		1 (11-oz) pkg hoagie rolls, need 6
2		1 (16-oz) loaf French bread

Necessary Staples
Meal 1
2 tsp dried thyme 1 Tbsp dried parsley ¼ cup butter
Meal 2
5 Tbsp olive oil 1 tsp dried thyme 3 cloves garlic
Meal 3
1 Tbsp seasoned salt 4 Tbsp olive oil 3 Tbsp all-purpose flour Zip-top plastic bag
Meal 4
¼ cup milk 1 Tbsp Worcestershire sauce
Meal 5
2 tsp dried Italian seasoning ½ cup Ranch salad dressing 1 tsp garlic salt
Meal 6
2 Tbsp olive oil ½ cup Ranch salad dressing 3 Tbsp honey
Meal 7
2 tsp ground cinnamon ½ cup milk ¼ cup butter ¼ cup ketchup 7 Tbsp brown sugar 2 Tbsp mustard