
















Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1 Crowd-Pleaser</p> <p>Loaded Mac and Cheese Muffins</p> <p><i>Skillet Summer Veggies</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;">30m</td> <td style="text-align: center;">50m</td> <td style="text-align: center;">1h 20m</td> </tr> </table>		Prep	Cook	Total		30m	50m	1h 20m	<p>1 (8-oz) pkg elbow macaroni 2 Tbsp butter 2 Tbsp all-purpose flour ¾ tsp salt ½ tsp pepper 1½ cups milk 1½ cups shredded Monterey Jack cheese 1 cup shredded Cheddar cheese 1 (8-oz) carton sour cream 10 slices bacon, cooked and crumbled</p> <hr/> <p><i>2 Tbsp butter 2 large zucchini, chopped 2 large yellow squash, chopped ½ tsp Italian seasoning 1 tsp salt ¼ tsp pepper</i></p>	<p>Preheat oven to 400°F. Cook pasta according to package directions; set aside. Meanwhile, melt butter in a Dutch oven over medium heat. Whisk in flour, salt and pepper; cook, whisking, 2 minutes. Gradually whisk in milk; cook, whisking frequently, 10 minutes or until thickened and bubbly. Gradually stir in Monterey Jack cheese until melted. Stir in pasta. Spoon mixture evenly into greased 12-cup standard muffin pan. Bake 20 minutes; sprinkle with Cheddar cheese, and bake 10 minutes longer. Let cool in pans 10 minutes. Top with sour cream and bacon. Serve 2 per person.</p> <hr/> <p><i>Melt butter in a large skillet over medium-high heat. Add zucchini and yellow squash; sauté 5 minutes or until crisp tender. Stir in Italian seasoning, salt and pepper.</i></p>
	Prep	Cook	Total							
	30m	50m	1h 20m							
<p>Meal 2 Slow Cooker</p> <p>Yummy Chicken Stew</p> <p><i>Broccoli Cornbread</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;">30m</td> <td style="text-align: center;">6h</td> <td style="text-align: center;">6h 30m</td> </tr> </table>		Prep	Cook	Total		30m	6h	6h 30m	<p>1½ lb boneless, skinless chicken breasts 1 small sweet onion, chopped 1 (15-oz) can creamed corn 1 (15-oz) can whole kernel corn 1 (14-oz) can crushed tomatoes ½ (12-oz) jar chili sauce 1 cup chicken broth ¼ cup barbecue sauce 1 Tbsp apple cider vinegar 1 tsp yellow mustard 2 russet potatoes, peeled and cubed</p> <hr/> <p><i>1 (10-oz) box frozen chopped broccoli, thawed 1 (8.5-oz) box cornbread mix (choose a sweet variety) 3 eggs, beaten 1 cup shredded Cheddar cheese ½ cup butter, melted ½ tsp salt</i></p>	<p>Place chicken in a 5-or 6-quart slow cooker. Top with onion, both cans of corn, tomatoes, chili sauce, broth, barbecue sauce, vinegar, mustard and potatoes. Stir gently (leaving chicken on bottom of cooker) Cover and cook on LOW 6 to 8 hours. Shred chicken in cooker using 2 forks; stir well.</p> <hr/> <p><i>Preheat oven to 375°F. Squeeze thawed broccoli between paper towels to remove moisture. Mix together cornbread mix, eggs, cheese, melted butter, and salt. Stir in broccoli until blended. Pour thick batter into a greased 8-inch pan. Bake 25 to 30 minutes or until golden. Cool and cut into squares.</i></p>
	Prep	Cook	Total							
	30m	6h	6h 30m							
<p>Meal 3</p> <p>Multigrain Nachos</p> <p><i>Mandarin Oranges and Strawberries</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;">10m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total		20m	10m	30m	<p>1 (16-oz) pkg sweet Italian sausage 1 (6-oz) pkg sliced pepperoni 1 small red bell pepper, chopped 2 cloves garlic, minced 1 tsp dried Italian seasoning 1 (9-oz) pkg multigrain tortilla chips 2 cups shredded mozzarella cheese 1 (2.25-oz) can sliced black olives, drained 1 (15-oz) can pizza sauce, heated</p> <hr/> <p><i>1 (23.5-oz) jar mandarin oranges, chilled 2 cups sliced strawberries</i></p>	<p>Preheat oven to 400°F; line a large baking sheet with foil. Cook sausage, pepperoni, bell pepper, garlic, and Italian seasoning in a large skillet over medium heat until sausage is browned and crumbly; drain well. Arrange tortilla chips in a single layer to cover the baking sheet. Top with sausage mixture; sprinkle with cheese. Bake 10 minutes or until cheese is melted. Top with olives. Drizzle pizza sauce over nachos, if desired.</p> <hr/> <p><i>Toss orange segments and strawberries before serving.</i></p>
	Prep	Cook	Total							
	20m	10m	30m							

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:							
<p>Meal 4</p> <p>Hot Chicken Salad</p> <p><i>Bacon Green Beans and Rolls</i></p> <table border="1" data-bbox="105 447 472 506"> <tr> <td rowspan="2"></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>30m</td> <td>1h</td> <td>1h 30m</td> </tr> </table>		Prep	Cook	Total	30m	1h	1h 30m	<p>6 Tbsp butter 2 lb boneless, skinless chicken breasts, cut into bite-size pieces 1 tsp garlic salt 1 tsp pepper 1½ cups chopped celery ½ cup all-purpose flour 1 (14.5-oz) can chicken broth 4 cups cooked rice (see Note) 1 cup mayonnaise 2 Tbsp lemon juice 3 cups (or more) crushed potato chips</p> <hr/> <p><i>1 (11-oz) pan frozen dinner rolls 1½ lb green beans, trimmed and cut in half 1 Tbsp butter 1 clove garlic, minced ¼ tsp pepper 1 (14-oz) can Italian-style diced tomatoes 4 slices bacon, cooked and crumbled</i></p>	<p>Preheat oven to 375°F; coat a 13-x 9-inch baking dish with cooking spray. Melt butter in a large skillet over medium heat. Sprinkle chicken with garlic salt and pepper. Add chicken and celery to skillet. Cook, stirring, 8 minutes or until chicken is done. Add flour, cook, stirring constantly, 2 minutes. Add broth; cook 3 minutes or until slightly thickened. Spoon mixture into a large bowl. Stir in rice, mayonnaise and lemon juice. Spoon into baking dish; sprinkle with crushed potato chips. Bake 25 to 30 minutes.</p> <p>Note: Use boil in bag rice or 2 microwavable pouches of favorite rice to quickly get the 4 cups cooked rice for this dish.</p> <hr/> <p><i>Bake rolls according to package directions. Place beans in a large saucepan; cover with water. Bring to a boil; cook 4 to 5 minutes or until beans are tender. Drain well, and add remaining ingredients except bacon. Simmer 5 to 6 minutes. Sprinkle with bacon; season with salt to taste.</i></p>
		Prep	Cook	Total					
	30m	1h	1h 30m						
<p>Meal 5</p> <p style="text-align: right;">Kids Cook</p> <p>Ground Beef-Crescent Roll Casserole</p> <p><i>Super Sweet Corn and Apple Wedges</i></p> <table border="1" data-bbox="105 1241 472 1299"> <tr> <td rowspan="2"></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>35m</td> <td>55m</td> </tr> </table>		Prep	Cook	Total	20m	35m	55m	<p>1½ lb ground beef 2 cloves garlic, minced 1 (24-oz) jar pasta sauce 2 cups shredded mozzarella cheese 1 (8-oz) can refrigerated crescent roll dough 2 Tbsp butter, melted ½ cup freshly shredded Parmesan cheese</p> <hr/> <p><i>1 (19-oz) pkg family-size super sweet frozen corn 2 large apples</i></p>	<p>Preheat oven to 350°F. Cook ground beef and garlic in a large skillet until meat is browned and crumbly; drain. Add pasta sauce; cook 2 minutes. Spread beef mixture in a greased 13-x 9-inch baking dish; sprinkle with mozzarella. Unroll crescent dough; arrange over cheese. Drizzle with butter; sprinkle with Parmesan. Bake 25 minutes or until browned and crescent roll topping is done.</p> <p>Note: Let your kids unroll crescent roll dough onto the casserole.</p> <hr/> <p><i>Microwave corn according to package directions; season to taste. Thinly slice apples just before serving.</i></p>
		Prep	Cook	Total					
	20m	35m	55m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 6 Marinate Ahead and Grill</p> <p style="text-align: center;">Ranch Chicken</p> <p style="text-align: center;"><i>Fruit and Green Salad</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;">Prep</td> <td style="border-bottom: 1px solid black;">Cook</td> <td style="border-bottom: 1px solid black;">Total</td> </tr> <tr> <td>25m</td> <td>15m</td> <td>40m</td> </tr> </table> </div>	Prep	Cook	Total	25m	15m	40m	<p> $\frac{1}{3}$ cup olive oil $\frac{1}{3}$ cup Ranch dressing 3 Tbsp Worcestershire sauce 1 Tbsp chopped fresh or dried rosemary 2 tsp salt 1 tsp lemon juice 1 tsp white vinegar $\frac{1}{4}$ tsp pepper 6 small boneless, skinless chicken breasts </p> <hr style="border: 0.5px dashed black;"/> <p> <i>1 (9-oz) pkg mixed baby greens</i> <i>1 sweet apple, thinly sliced</i> <i>1 pint blueberries</i> <i>2 cups sliced strawberries</i> <i>$\frac{1}{2}$ cup apple cider vinegar</i> <i>1 Tbsp honey</i> <i>1 Tbsp Dijon mustard</i> <i>$\frac{1}{2}$ tsp salt</i> <i>$\frac{1}{2}$ tsp pepper</i> <i>$\frac{1}{3}$ cup olive oil</i> </p>	<p>Combine all ingredients except chicken in a large bowl; add chicken, coating well. Cover and marinate in refrigerator 30 minutes. Preheat grill to medium-high heat. Remove chicken, discarding marinade. Grill chicken on lightly greased grill grates 8 to 12 minutes until chicken is done, turning once or twice.</p> <hr style="border: 0.5px dashed black;"/> <p><i>Combine greens, apple and berries in a salad bowl. (See Note.) Whisk vinegar, honey, mustard, salt and pepper; gradually whisk in oil until blended. Drizzle dressing over salad; toss.</i></p> <p>Note: For some crunch, add 1 cup roasted and salted sunflower seeds.</p>
Prep	Cook	Total						
25m	15m	40m						
<p>Meal 7 Kids Cook</p> <p style="text-align: center;">Eggs 'n Grits Mix Up</p> <p style="text-align: center;"><i>Brown Sugar Bacon and Melon</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;">Prep</td> <td style="border-bottom: 1px solid black;">Cook</td> <td style="border-bottom: 1px solid black;">Total</td> </tr> <tr> <td>30m</td> <td>20m</td> <td>50m</td> </tr> </table> </div>	Prep	Cook	Total	30m	20m	50m	<p> 12 eggs 4 Tbsp milk or heavy cream 1 tsp salt $\frac{1}{4}$ tsp pepper 1$\frac{1}{2}$ cups shredded Cheddar cheese 1 cup quick-cooking grits 2 Tbsp butter </p> <hr style="border: 0.5px dashed black;"/> <p> <i>$\frac{1}{3}$ cup packed brown sugar</i> <i>1 (16-oz) pkg bacon</i> <i>1 cantaloupe, seeded and cut into chunks</i> </p>	<p>Whisk eggs and cream with a fork until blended. Coat a large nonstick skillet with cooking spray or a little butter. Scramble eggs over medium-low heat until desired doneness, stirring with a rubber spatula. Sprinkle with salt and pepper; top with $\frac{1}{2}$ cup cheese. Cook grits according to package directions. When grits are done, stir in remaining 1 cup cheese and the butter. Season with salt and pepper. Mix eggs and grits together (kids' style) on each plate.</p> <hr style="border: 0.5px dashed black;"/> <p><i>Preheat oven to 350°F. Line a large baking sheet with foil; place a wire rack over foil. Coat bacon slices with brown sugar. Arrange bacon in a single layer on wire rack. Bake 18 to 20 minutes or until bacon is crisp. Serve with melon.</i></p> <p>Note: Let your kids crack the eggs and coat the bacon with brown sugar. Scramble the eggs while the bacon's in the oven.</p>
Prep	Cook	Total						
30m	20m	50m						



Kid-Friendly Family Plan

Sample Plan

Meal	✓	Grocery Items to Purchase
		Produce
1		2 large zucchini
1		2 large yellow squash
2		2 russet potatoes
2		1 small sweet onion
3		1 small red bell pepper
3,6		1 lb strawberries
4		1 bunch celery
4		1½ lb green beans
4,6		1 lemon
5,6		3 sweet apples
6		1 pint blueberries
6		1 (9-oz) pkg mixed baby greens
7		1 cantaloupe
		Meat & Seafood
1,4,7		2 (16-oz) pkg bacon
2,4,6		5 lb boneless, skinless chicken breasts
3		1 (16-oz) pkg sweet Italian sausage
3		1 (6-oz) pkg sliced pepperoni
5		1½ lb ground beef
		Refrigerated
1		1 (8-oz) carton sour cream
1		1 (8-oz) block Monterey Jack cheese
1,2,7		1 (16-oz) block Cheddar cheese
2,7		15 large eggs
3,5		1 (16-oz) block mozzarella cheese
5		1 (5-oz) container freshly shredded Parmesan cheese
5		1 (8-oz) can refrigerated crescent roll dough
		Frozen
2		1 (10-oz) box frozen chopped broccoli
4		1 (11-oz) pan frozen dinner rolls
5		1 (19-oz) pkg frozen super sweet corn
		Canned & Packaged
1		1 (8-oz) pkg elbow macaroni
2		1 (15-oz) can creamed corn
2		1 bottle favorite barbecue sauce
2		1 (14-oz) can crushed tomatoes
2		1 (15-oz) can whole kernel corn
2		1 (12-oz) jar chili sauce
2		1 (8.5-oz) box cornbread mix
2,4		2 (14.5-oz) cans chicken broth
3		1 (9-oz) pkg multigrain tortilla chips
3		1 (23.5-oz) jar mandarin oranges
3		1 (15-oz) can pizza sauce
3		1 (2.25-oz) can sliced black olives
4		1 (14-oz) can Italian-style diced tomatoes
4		1 (14-oz) box boil in bag rice
4		1 (8-oz) bag potato chips
5		1 (24-oz) jar pasta sauce
7		½ (1-lb) pkg quick-cooking grits

Necessary Staples
Meal 1
4 Tbsp butter ½ tsp Italian seasoning 1½ cups milk 2 Tbsp all-purpose flour
Meal 2
1 Tbsp apple cider vinegar 1 tsp yellow mustard ½ cup butter
Meal 3
2 cloves garlic 1 tsp dried Italian seasoning
Meal 4
1 tsp garlic salt ⅓ cup all-purpose flour 1 clove garlic 7 Tbsp butter 1 cup mayonnaise
Meal 5
2 cloves garlic 2 Tbsp butter
Meal 6
⅝ cup olive oil ⅓ cup Ranch dressing 1 Tbsp Dijon mustard 1 Tbsp dried or fresh rosemary 3 Tbsp Worcestershire sauce 1 Tbsp honey ½ cup apple cider vinegar 1 tsp white vinegar
Meal 7
2 Tbsp butter ⅓ cup brown sugar 4 Tbsp milk or heavy cream