
















| Meals: <i>Side dishes are in ITALICS</i> | Ingredients: | Instructions: | | | | | | | | |
|--|---|---------------|--------|-------|--|-----|-----|--------|---|---|
| <p>Meal 1</p> <p>Loaded Mac and Cheese Muffins</p> <p><i>Skillet Summer Veggies</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>15m</td> <td>50m</td> <td>1h 5m</td> </tr> </table> |  | Prep | Cook | Total | | 15m | 50m | 1h 5m | <p>4 oz elbow macaroni 1 Tbsp butter 1 Tbsp all-purpose flour ¼ tsp salt ¼ tsp pepper ¾ cup milk ¾ cup shredded mozzarella cheese ½ cup shredded Cheddar cheese Toppings: sour cream, cooked crumbled bacon</p> <hr/> <p><i>1 Tbsp butter 1 zucchini, chopped 1 yellow squash, chopped ¼ tsp Italian seasoning ½ 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 skillet over medium heat. Whisk in flour, salt and pepper; cook, whisking, 1 minute. Gradually whisk in milk; cook, whisking frequently, 10 minutes or until thickened and bubbly. Gradually stir in mozzarella cheese until melted. Stir in pasta. Spoon mixture into a greased 6-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.</p> <hr/> <p><i>Melt butter in a nonstick skillet over medium-high heat. Add zucchini and yellow squash; sprinkle with seasoning, salt and pepper. Sauté 5 minutes or until tender.</i></p> |
|  | Prep | Cook | Total | | | | | | | |
| | 15m | 50m | 1h 5m | | | | | | | |
| <p>Meal 2</p> <p>Freeze Ahead</p> <p>Yummy Chicken Stew</p> <p><i>Broccoli Cornbread</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>6h</td> <td>6h 20m</td> </tr> </table> |  | Prep | Cook | Total | | 20m | 6h | 6h 20m | <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 4- to 6-quart slow cooker. Add onion, both cans of corn, tomatoes, chili sauce, broth, barbecue sauce, vinegar, mustard and potatoes to cooker. Stir gently (leaving chicken on bottom)Cover and cook on LOW 6 to 8 hours. Shred chicken in cooker using 2 forks; stir well. Serve desired amount of stew. Cool and freeze remaining stew in zip-top freezer bags. Freeze up to 3 months.</p> <hr/> <p><i>Preheat oven to 375°F. Squeeze thawed broccoli between paper towels to remove moisture. Mix 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. Refrigerate and reserve 2 squares cornbread for Hot Chicken Salad meal. Serve desired amount of remaining cornbread with stew.</i></p> <p>Note: Freeze any remaining Broccoli Cornbread in a zip-top bag. Slice and use it to make turkey sandwiches.</p> |
|  | Prep | Cook | Total | | | | | | | |
| | 20m | 6h | 6h 20m | | | | | | | |
| <p>Meal 3</p> <p>Multigrain Nachos</p> <p><i>Mandarin Oranges and Strawberries</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>10m</td> <td>30m</td> </tr> </table> |  | Prep | Cook | Total | | 20m | 10m | 30m | <p>½ (16-oz) pkg sweet Italian sausage 1 small red bell pepper, thinly sliced 1 clove garlic, minced ½ tsp dried Italian seasoning ½ (9-oz) pkg multigrain tortilla chips 1¼ 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 (11-oz) can mandarin oranges in light syrup, chilled 1 cup sliced strawberries</i></p> | <p>Preheat oven to 400°F; line a large baking sheet with foil. Cook sausage, 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 on baking sheet. Top with sausage mixture; sprinkle with cheese. Bake 5 to 10 minutes or until cheese is melted. Top with olives. Drizzle desired amount of pizza sauce over nachos.</p> <hr/> <p><i>Toss oranges and strawberries for serving.</i></p> |
|  | Prep | Cook | Total | | | | | | | |
| | 20m | 10m | 30m | | | | | | | |

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|---|--------------|---------------|-------|-----|-----|-----|---|---|
| <p>Meal 4</p> <p>Hot Chicken Salad</p> <p><i>Bacon Green Beans and Toasted Cornbread</i></p> <p> <table border="1" data-bbox="170 478 467 535"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>10m</td> <td>25m</td> <td>35m</td> </tr> </tbody> </table></p> | Prep | Cook | Total | 10m | 25m | 35m | <p>3 Tbsp butter 1 lb boneless, skinless chicken breasts, cut into bite-size pieces ½ tsp garlic salt ½ tsp pepper ¾ cup chopped celery 3 Tbsp all-purpose flour 1 cup chicken broth 1 (8.8-oz) pouch microwavable rice ½ cup mayonnaise 1 Tbsp fresh lemon juice 2 cups (or more) crushed potato chips</p> <hr/> <p><i>1 lb green beans, trimmed and cut in half</i> <i>1 Tbsp butter</i> <i>1 clove garlic, minced</i> <i>½ tsp pepper</i> <i>1 (14-oz) can Italian-style diced tomatoes</i> <i>2 slices bacon, cooked and crumbled</i> <i>Reserved 2 squares of cornbread (from Broccoli Cornbread recipe)</i></p> | <p>Preheat oven to 375°F; coat a small 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, and cook 2 to 3 minutes or until slightly thickened. Spoon mixture into a large bowl. Cook rice in microwave 90 seconds. Stir in rice, mayonnaise and lemon juice. Spoon into baking dish; sprinkle with crushed potato chips. Bake 20 to 25 minutes.</p> <hr/> <p><i>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 and cornbread. Simmer 5 to 6 minutes; sprinkle with bacon. Split cornbread, and toast in toaster oven or preheated 375°F oven 3 to 4 minutes.</i></p> |
| Prep | Cook | Total | | | | | | |
| 10m | 25m | 35m | | | | | | |
| <p>Meal 5</p> <p>Homestyle Taco Mac Supper</p> <p><i>Corn and Apple Wedges</i></p> <p> <table border="1" data-bbox="170 1150 467 1207"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>20m</td> <td>25m</td> <td>45m</td> </tr> </tbody> </table></p> | Prep | Cook | Total | 20m | 25m | 45m | <p>6 oz elbow macaroni ½ lb ground beef ½ envelope taco seasoning 1 Tbsp butter 1 Tbsp flour 1 cup milk ½ cup shredded Cheddar cheese, divided ¼ cup sour cream</p> <hr/> <p><i>2 ears corn on the cob</i> <i>1 apple</i></p> | <p>Cook pasta according to package directions. Cook ground beef in a skillet until browned, stirring to crumble; drain. Stir taco seasoning and ½ cup water into beef. Bring to a boil; cook just until most of liquid evaporates. Melt butter in a saucepan; whisk in flour, and cook 1 minute. Add milk, and whisk constantly 5 minutes or until mixture thickens. Remove from heat. Add ¼ cup cheese; stir until melted. Stir in pasta and beef; top with ¼ cup cheese and sour cream.</p> <p>Note: Add half a can of chopped green chiles, if desired.</p> <hr/> <p><i>Cook corn in a boiling pot of water 5 to 10 minutes until tender; drain. Season to taste. Slice apple just before serving.</i></p> |
| Prep | Cook | Total | | | | | | |
| 20m | 25m | 45m | | | | | | |
| <p>Meal 6</p> <p style="text-align: right;">Kids Cook</p> <p>Eggs 'n Grits Mix Up</p> <p><i>Brown Sugar Bacon and Melon</i></p> <p> <table border="1" data-bbox="170 1684 467 1740"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>20m</td> <td>20m</td> <td>40m</td> </tr> </tbody> </table></p> | Prep | Cook | Total | 20m | 20m | 40m | <p>4 eggs ¼ tsp salt ¼ tsp pepper 1 cup shredded Cheddar cheese 2 (1-oz) packets instant grits 1 Tbsp butter</p> <hr/> <p><i>¼ cup packed brown sugar</i> <i>8 slices bacon</i> <i>½ small cantaloupe, seeded and cut into chunks</i></p> | <p>Whisk eggs with a fork. Coat a large nonstick skillet with cooking spray. Scramble eggs over medium-low heat until desired doneness, stirring with a rubber spatula. Sprinkle with salt and pepper; top with ½ cup cheese. Cook both packets grits according to package directions. When grits are done, stir them together with remaining ½ cup cheese and the butter. Season to taste. Mix eggs and grits together (kids' style) on each plate.</p> <hr/> <p><i>Preheat oven to 350°F. Line a baking sheet with foil; place a wire cooling rack over foil. Coat bacon with brown sugar. Arrange bacon in a single layer on wire rack. Bake 18 to 20 minutes or until bacon is crisp. Serve 4 slices bacon along with melon. Reserve 4 slices bacon for Fruit and Green Salad recipe.</i></p> |
| Prep | Cook | Total | | | | | | |
| 20m | 20m | 40m | | | | | | |

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|--|---|---------------|-------|-------|--|-----|-----|-----|--|---|
| <p>Meal 7 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> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <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;">25m</td> <td style="text-align: center;">45m</td> </tr> </table> |  | Prep | Cook | Total | | 20m | 25m | 45m | <p> ¼ cup olive oil ¼ cup Ranch dressing 1 Tbsp Worcestershire sauce 1 tsp fresh or dried rosemary ½ tsp salt ½ tsp lemon juice ½ tsp white vinegar ¼ tsp pepper 2 boneless, skinless chicken breasts </p> <hr/> <p> <i>1 (5-oz) container mixed baby greens</i> <i>1 small sweet apple, thinly sliced</i> <i>½ cup blueberries</i> <i>1 cup sliced strawberries</i> <i>3 Tbsp apple cider vinegar</i> <i>½ Tbsp honey</i> <i>½ Tbsp Dijon mustard</i> <i>¼ tsp salt</i> <i>¼ tsp pepper</i> <i>¼ cup olive oil</i> <i>Reserved 4 slices cooked bacon, crumbled</i> <i>(from Brown Sugar Bacon recipe)</i> </p> | <p>Combine all ingredients, except chicken, in a 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 10 minutes until chicken is done, turning once or twice.</p> <hr/> <p><i>Combine salad greens, apple and berries in a salad bowl. See Note. Whisk together vinegar, honey, mustard, salt and pepper; gradually whisk in oil until blended. Drizzle dressing over salad; toss. Sprinkle with bacon.</i></p> <p>Note: For some extra crunch, add ¼ cup roasted and salted sunflower seeds.</p> |
|  | Prep | Cook | Total | | | | | | | |
| | 20m | 25m | 45m | | | | | | | |

| Meal | ✓ | Grocery Items to Purchase |
|---------|---|---|
| | | Produce |
| 1 | | 1 yellow squash |
| 1 | | 1 zucchini |
| 2 | | 1 small sweet onion |
| 2 | | 2 russet potatoes |
| 3 | | 1 small red bell pepper |
| 3,7 | | 1 lb fresh strawberries |
| 4 | | 1 lb green beans |
| 4 | | ½ bunch celery |
| 4,7 | | 1 lemon |
| 5 | | 2 ears corn on the cob |
| 5,7 | | 2 sweet apples |
| 6 | | ½ small cantaloupe |
| 7 | | ½ pint blueberries |
| 7 | | 1 (5-oz) container mixed baby greens |
| | | Meat & Seafood |
| 1,4,6,7 | | 1 lb bacon |
| 2,4,7 | | 3 lb boneless, skinless chicken breasts |
| 3 | | ½ (16-oz) pkg sweet Italian sausage |
| 5 | | ½ lb ground beef |
| | | Refrigerated |
| 1,2,5,6 | | 1 (16-oz) block Cheddar cheese |
| 1,3 | | 1 (8-oz) block mozzarella cheese |
| 1,5 | | 1 (8-oz) carton sour cream |
| | | Frozen |
| 2 | | 1 (10-oz) box frozen chopped broccoli |
| | | Canned & Packaged |
| 1,5 | | 1 (16-oz) pkg elbow macaroni |
| 2 | | 1 (12-oz) jar chili sauce |
| 2 | | 1 (15-oz) can whole kernel corn |
| 2 | | 1 (14-oz) can crushed tomatoes |
| 2 | | 1 (8.5-oz) box corn muffin mix |
| 2 | | 1 (15-oz) can creamed corn |
| 2,4 | | ½ (32-oz) carton chicken broth |
| 3 | | 1 (2.25-oz) can sliced black olives |
| 3 | | 1 (11-oz) can mandarin oranges in light syrup |
| 3 | | 1 (15-oz) can pizza sauce |
| 3 | | ½ (9-oz) pkg multigrain tortilla chips |
| 4 | | 1 (8.8-oz) pouch microwavable rice |
| 4 | | 1 (14-oz) can Italian-style diced tomatoes |
| 4 | | ½ (8-oz) pkg potato chips |
| 5 | | 1 (1-oz) envelope taco seasoning |
| 6 | | ½ (12-oz) pkg instant grits packets |

| Necessary Staples |
|--|
| Meal 1 |
| 2 Tbsp butter 1 Tbsp all-purpose flour ¾ cup milk ¼ tsp Italian seasoning |
| Meal 2 |
| 1 Tbsp apple cider vinegar 3 eggs 1 tsp yellow mustard ¼ cup barbecue sauce ½ cup butter |
| Meal 3 |
| ½ tsp Italian seasoning 1 clove garlic |
| Meal 4 |
| 3 Tbsp all-purpose flour ½ tsp garlic salt 4 Tbsp butter ½ cup mayonnaise 1 clove garlic |
| Meal 5 |
| 1 Tbsp butter 1 Tbsp flour 1 cup milk |
| Meal 6 |
| 1 Tbsp butter 4 eggs ¼ cup brown sugar |
| Meal 7 |
| 1 Tbsp Worcestershire sauce ½ tsp white vinegar 3 Tbsp apple cider vinegar ½ Tbsp honey ½ Tbsp Dijon mustard ½ cup olive oil 1 tsp dried or fresh rosemary ¼ cup Ranch dressing |