



MEAL PLAN



1 BALSAMIC CHICKEN WRAPS



4 Servings

PREP TIME 15 minutes
COOK TIME 30 minutes

INGREDIENTS

- 2 chicken breasts, grilled and sliced
- 1 red onion, sliced into strips
- 1 Tbsp olive oil
- 1/4 cup balsamic vinegar
- Heaping Tbsp sugar
- Lettuce, torn
- 8 burrito size tortillas
- Fresh fruit or veggies (side)

DIRECTIONS

1. Grill chicken.
2. Chop off the top and bottom and slice down the middle in half. Peel away the skin and slice into half-moons.
3. Add to a large skillet with some hot olive oil and saute for 1-2 minutes, separating the half-moons.
4. Add the balsamic vinegar and a heaping Tbsp of sugar. The tangy balsamic vinegar needs some sweetness to balance the flavors.
5. Toss around...and when it starts to get all bubbly, reduce heat to medium low. Let the vinegar reduce for 20-30 minutes. Let the onions take on the sweet and tangy flavor.
6. Add the onions to a chicken wrap.
7. Prepare the fresh fruit or veggies.
8. Serve [Chicken Wraps with Balsam-melized Red Onions](#) and side dish.

2 GRILLED PIZZA POCKETS



4 Servings

PREP TIME 25 minutes
COOK TIME 10 minutes

INGREDIENTS

- 1 batch homemade crust or store bought crust
- 1/4 – 1/2 cup pizza or spaghetti sauce
- Toppings – pepperoni, sausage, olives, green peppers, onions, mushrooms...whatever!
- 1-2 cups cheese, any variety – recommend mozzarella and Parm or pizza blend
- Fresh fruit or veggies (side)

DIRECTIONS

1. Divide the crust dough into 8 small balls. Roll it out on a lightly floured surface.
2. Add a dollop of sauce to each, along with whatever toppings.
3. Sprinkle some cheese on top, then fold the dough over the toppings and pinch the edges together.
4. Grill over indirect heat for 8-10 minutes, or until the dough has cooked through and cheese has melted.
5. Serve [Grilled Pizza Pockets](#) along with fresh fruit.

NOTES

Whenever I make these for the boys, I always double them up. They take a few minutes to prepare, but the flavor and happy kid faces are worth every minute. Perfect grilled dinner for a leisurely summer evening!



MEAL PLAN



3 CHICKEN TACO BAKE

4 Servings



PREP TIME 10 minutes
 COOK TIME 10 minutes

INGREDIENTS

- 2 cups shredded chicken (from 1 whole chicken)
- 10 oz. can diced tomatoes with green chilies
- 15 oz. can corn
- 15 oz. can black beans
- 1-2 tsp ground cumin
- Salt and pepper to taste
- Tortilla chips
- 1-2 cups shredded cheddar or Monterey Jack cheese
- 2 broccoli heads or fresh veggies (side)

DIRECTIONS

1. In a mixing bowl, combine shredded chicken, Rotel tomatoes, corn, beans with the ground cumin, and salt and pepper to taste.
2. Pile on top of tortilla chips and top with shredded cheese. Microwave to melt cheese, if needed.
3. Prepare broccoli or other favorite veggie.
4. Serve [Chicken Taco Bake](#) over Chips with veggies.

NOTES

This chicken taco bake does really well in the freezer. I will often make a large batch of shredded chicken and combine with these ingredients and freeze in meal size portions. Then I've got dinner ready in minutes on a busy weeknight! I have added a whole chicken to the shopping list for this recipe, as this is the cheapest and healthiest way to make your own shredded chicken.

4 SLOW COOKER BAKED POTATOES

4 Servings



PREP TIME 10 minutes
 COOK TIME 6-10 hours

INGREDIENTS

- Baking Potatoes
- Toppings for potatoes: butter, sour cream, cheese, chives, bacon etc.

DIRECTIONS

1. Wash and dry the potatoes. Stab with a fork a few times, or cut a slit.
2. Wrap in foil. Place directly into the base of the slow cooker. Pile them high. But not so high that the lid won't fit tightly.
3. Cook on low for 10 hours, or high for 6 hours.
4. Pull out of the slow cooker and let cool slightly before handling. Cut them open, slather on all of your favorite potato toppings.
5. Serve [Slow Cooker Baked Potatoes](#).

NOTES

Craving the comfort of a baked potato in the middle of summer?! You can still enjoy one without the oven heat. Slow cook them all day in your slow cooker...and satisfy that craving without the heat!



MEAL PLAN



5 CHILI PASTA BAKE

8 Servings, 2 9x13 pans



PREP TIME 20 minutes
COOK TIME 1 hour

INGREDIENTS

- 1 lb. bag pinto beans
- 1 lb. ground beef
- 1 small onion, chopped
- 1 small green pepper, seeded and chopped
- 1 15 oz. can diced tomatoes
- 1 6 oz. can tomato paste
- Salt and pepper to taste
- 1 lb. pasta noodles, shells or elbows
- 2 cups shredded sharp or medium cheddar cheese
- Fresh fruit or veggies (side)

DIRECTIONS

1. Prepare the slow cooker chili. Soak the beans, brown the ground beef. Add all other ingredients (except pasta and cheese) to the slow cooker plus 7 cups of water.
2. Preheat oven to 350.
3. About an 45 minutes before you need to serve it...cook the pasta as directed in a saucepan, to al dente. The pasta will soak up some of the liquid from the chili when it bakes, so don't overboil the pasta!
4. Mix together the cooked chili and the cooked pasta in 2 baking dishes, top with about a cup of shredded cheese.
5. Bake in the preheated oven for about 20 minutes, or until cheese has melted.
6. Serve [Chili Pasta Bake](#) with fresh fruit or veggies.

NOTES

Very freezer friendly dinner that you could enjoy, or take to a friend who just had a baby, surgery or other difficult life change.

6 GRILLED POMEGRANATE CHICKEN WITH MANGO-BBQ

4 Servings



PREP TIME 25 minutes
COOK TIME 20 minutes

INGREDIENTS

- 4 chicken breasts
- 1 cup Pomegranate Vinaigrette Salad Dressing
- 2 cups BBQ sauce
- 1/2 cup water
- 1 cup chopped red onion
- 1 large mango, seeded and diced
- Fresh fruit or veggies (side)

DIRECTIONS

1. Marinate the chicken breasts in the pomegranate vinaigrette dressing for at least 2 hours, ideally overnight!
2. Grill the marinated chicken breast for about 20-30 minutes, or until cooked through. Cooking time will vary based on thickness of the chicken breast.
3. While the chicken breast is on the grill, prepare the Mango BBQ sauce. Add the BBQ sauce to a small saucepan and whisk in 1/2 cup of water. Stir in the chopped red onion and diced mango. Bring to bubbling over medium heat, then reduce heat to low and let simmer until the chicken is done grilling. Stir every few minutes.
4. Serve [Grilled Pomegranate Chicken with Mango BBQ sauce](#).

NOTES

Add the chicken and dressing to a plastic freezer baggie and freeze the chicken in the marinade. It will deeply marinate as it thaws, when it's time to grill it up. Toss some mangoes into your favorite BBQ for a chunky, sweet addition to the sauce.



MEAL PLAN



7 AVOCADO EGG BREAKFAST SANDWICH

6 Sandwiches



PREP TIME 20 minutes
COOK TIME 30 minutes

INGREDIENTS

- Fresh cilantro
- 6 eggs
- Salt and pepper
- 6 English Muffins
- 6 slices cheese
- 6 spoonfuls of salsa
- 1 large avocado, mashed
- Lemon or lime juice
- Fresh fruit (side)

DIRECTIONS

1. Preheat the oven to 350. Lightly spray 6 muffin tins with non-stick cooking spray.
2. Add cilantro leaves to the bottom of each muffin cup, along with a pinch of salt and pepper. Crack an egg into each muffin cup. Top with cilantro and salt and pepper.
3. Bake in the preheated oven for 15-20 minutes, or until the yoke has cooked through.
4. Meanwhile, combine the mashed avocado with lemon or lime juice, leftover chopped cilantro, salt and pepper, all to taste.
5. Assemble the sandwiches once the baked eggs are cooked. Layer with English muffin – avocado/guac – baked egg – salsa – slice cheese – English muffin.) Then place in the oven on a baking sheet for about 10 minutes, or until cheese has melted.
6. Serve [Avocado-Egg Breakfast Sandwich](#) with side of fresh fruit.

NOTES

Make the eggs in the muffin tin and freeze those you don't use to make more sandwiches in the future. Homemade avocado can also be frozen in an airtight baggie with no air bubbles.

8 STRAWBERRY SPINACH POPPYSEED SALAD {LUNCH}

4 Servings

PREP TIME 10 minutes
COOK TIME 0 minutes

INGREDIENTS

- 10 ounce bag spinach leaves
- 12 strawberries, stems removed and sliced
- 1 cup slivered almonds
- 1/2 cup store bought creamy poppy seed dressing

DIRECTIONS

1. In a large bowl, toss together the spinach leaves, sliced strawberries and slivered almonds.
2. Serve onto four plates.
3. Optional: Add diced grilled chicken for protein boost.
4. Drizzle the poppy seed dressing on top of each serving.
5. Serve [Strawberry Spinach Poppyseed Salad](#).



MEAL PLAN



9 SLOW COOKER PEAR BERRY CRUMBLE {DESSERT}



4 Servings

PREP TIME 10 minutes
COOK TIME 6 hours

INGREDIENTS

- 3 Anjou pears, peeled, cored and chopped
- 1 pint blueberries
- about 1 Tbsp lemon juice, sprinkled
- 1 tsp cinnamon
- 1/2 tsp ginger
- Dash of cardamom, optional
- 1 1/2 cup quick oats
- 1/2 cup flour
- 1/4 cup sugar
- 1/3 cup butter
- Optional: ice cream or whipped cream topping

DIRECTIONS

1. Spray slow cooker generously with non-stick cooking spray.
2. Toss together the chopped pears and blueberries in the base of the slow cooker and sprinkle with a little lemon juice. Add the cinnamon, ginger and (if you have it on hand) a pinchful of cardamom.
3. In a small mixing bowl, combine the oats, flour, sugar. Cut in the butter using a pastry blender or two knives.
4. Spread the topping evenly over the blueberries and pears in the base of the slow cooker.
5. Set on low and cook for 4 hours.
6. Serve [Pear Blueberry Crumble](#) as is, or with ice cream or whipped cream.

NOTES

Make a double batch of this and then freeze the uneaten portions for later!

10 ORANGE MANGO SMOOTHIES {SNACK}



4 Servings

PREP TIME 10 minutes
COOK TIME 0 minutes

INGREDIENTS

- 2 oranges, peeled
- 1 mango, diced
- 1 banana
- 1 1/2 cups vanilla ice cream
- 1/2 cup orange juice
- 1/2 cup cold water

DIRECTIONS

1. Peel the oranges and divide into segments.
2. Add all the ingredients to a blender and puree.
3. Serve [Orange Mango Smoothies](#) immediately.

NOTES

Cut up all the fruit in advance and stash in the freezer in smoothie packs. Add fruit and liquids to blender and puree. You could also make this as a breakfast smoothie by replacing the ice cream with plain greek yogurt.



MEAL PLAN

Shopping List

PRODUCE

item	quantity	meals used
<input type="checkbox"/> red onion	2	① ⑥
<input type="checkbox"/> Iceberg lettuce	1 small head	①
<input type="checkbox"/> broccoli (side)	2 heads	③
<input type="checkbox"/> baking potatoes	4-6	④
<input type="checkbox"/> chives, optional	1	④
<input type="checkbox"/> white onion	1	⑤
<input type="checkbox"/> green pepper	1	⑤
<input type="checkbox"/> mango	2	⑥ ⑩
<input type="checkbox"/> cilantro	small bunch	⑦
<input type="checkbox"/> avocado	1	⑦
<input type="checkbox"/> lemon juice	2 Tbsp	⑦ ⑨
<input type="checkbox"/> fresh spinach	10 oz.	⑧
<input type="checkbox"/> strawberries	12	⑧
<input type="checkbox"/> pears	3	⑨
<input type="checkbox"/> blueberries	1 pint	⑨
<input type="checkbox"/> oranges	2	⑩
<input type="checkbox"/> banana	1	⑩
<input type="checkbox"/> fresh fruit or veggies (side)	5	① ② ⑤ ⑥ ⑦
<input type="checkbox"/>		
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MEATS

item	quantity	meals used
<input type="checkbox"/> 6 large chicken breasts	~3 pound	① ⑥
<input type="checkbox"/> whole chicken	1	③
<input type="checkbox"/> bacon, optional	12 oz.	④
<input type="checkbox"/> ground beef	1 pound	⑤
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

DAIRY-FROZEN

item	quantity	meals used
<input type="checkbox"/> shredded pizza cheese	2 cups	②
<input type="checkbox"/> shredded cheddar cheese	2 cups	③
<input type="checkbox"/> sour cream, optional	1 cup	④
<input type="checkbox"/> butter	1 cup	④ ⑨
<input type="checkbox"/> shredded sharp cheddar cheese	2 cups	⑤
<input type="checkbox"/> slices cheese	6	⑦
<input type="checkbox"/> eggs	6	⑦
<input type="checkbox"/> vanilla ice cream	4 cups	⑨ ⑩
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

BREAD-BAKERY-STARCHES

item	quantity	meals used
<input type="checkbox"/> burrito size tortillas	8	①
<input type="checkbox"/> pizza crust	1	②
<input type="checkbox"/> English muffins	6	⑦
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|--------------------------|--------------------------|
| ① Balsamic Chicken Wraps | ⑥ Chicken w/ Mango BBQ |
| ② Grilled Pizza Pockets | ⑦ Avocado Egg Sandwich |
| ③ Chicken Nacho Bake | ⑧ Strawberry Spin. Salad |
| ④ Slow Cooker Potatoes | ⑨ Pear Berry Crumble |
| ⑤ Chili Pasta Bake | ⑩ Orange Smoothies |



\$5 MEAL PLAN

PANTRY STAPLES

Add to your list if you don't have them on hand.

item	quantity	meals used
<input type="checkbox"/> extra-virgin olive oil	1 Tbsp	1 2 7
<input type="checkbox"/> balsamic vinegar	1/4 cup	1
<input type="checkbox"/> pizza sauce	1/2 cup	2
<input type="checkbox"/> pizza toppings	2-3	2
<input type="checkbox"/> diced tomatoes with green chilies	10 oz. can	3
<input type="checkbox"/> black beans	15 oz. can	3
<input type="checkbox"/> corn	15 oz. can	3
<input type="checkbox"/> diced tomatoes	15 oz. can	5
<input type="checkbox"/> tomato paste	6 oz. can	5
<input type="checkbox"/> shell pasta	1 lb.	5
<input type="checkbox"/> salsa	1/4 cup	7
<input type="checkbox"/>		
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<input type="checkbox"/>		

BAKING-SPICES

item	quantity	meals used
<input type="checkbox"/> cinnamon	1 tsp	9
<input type="checkbox"/> sugar	1/2 cup	1 9
<input type="checkbox"/> flour	1/2 cup	9
<input type="checkbox"/> ginger	1/2 tsp	9
<input type="checkbox"/> quick cooking oats	1 1/2 cups	9
<input type="checkbox"/> ground cumin	2 tsp	3
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Shopping List

OTHER INGREDIENTS

item	quantity	meals used
<input type="checkbox"/> Tortilla chips	1 bag	3
<input type="checkbox"/> pinto beans	1 lb. bag	5
<input type="checkbox"/> Pomegranate Vinaigrette dressing	small bottle	6
<input type="checkbox"/> BBQ sauce	small bottle	6
<input type="checkbox"/> Poppyseed dressing	small bottle	8
<input type="checkbox"/> almonds	1 cup	8
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ADDITIONAL ITEMS

item	quantity
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|---|------------------------|----|------------------------|
| 1 | Balsamic Chicken Wraps | 6 | Chicken w/ Mango BBQ |
| 2 | Grilled Pizza Pockets | 7 | Avocado Egg Sandwich |
| 3 | Chicken Nacho Bake | 8 | Strawberry Spin. Salad |
| 4 | Slow Cooker Potatoes | 9 | Pear Berry Crumble |
| 5 | Chili Pasta Bake | 10 | Orange Smoothies |