

\$5 MEAL PLAN



20-minute meal



freezer-friendly



slowcooker meal



one-dish dinner



chop ahead



make ahead

1 CHICKEN NUGGETS

4 nightly servings



PREP TIME 2 minutes

COOK TIME 2 minutes

INGREDIENTS

Frozen Chicken Nuggets

Ketchup, lots of it

Ranch dressing, lots of it too

DIRECTIONS

1. Preheat oven 325 degrees.
2. Who are we kidding? There's not time to put them in the oven. Just throw them in and microwave them.
3. Slide onto kiddie plates, then load on the ketchup and ranch.
4. Sit back with a glass of wine and celebrate that the kids are eating.
5. Ketchup is a vegetable, right?



2 SEASONED FRENCH FRIES

endless servings



PREP TIME 20 minutes

COOK TIME 20 minutes

INGREDIENTS

Frozen potatoes, in french fries form

Salt

Pepper

DIRECTIONS

1. Preheat the oven.
2. Toss in the potatoes. Season with salt and pepper. Because that's about all the seasoning that the kids can take. If you're feeling saucy, toss on some cayenne pepper or something that spicy effect.
3. Cook. Eat.
4. Labeling this as one-dish because sometimes all they want to eat for dinner is fries. Go One-Dish Dinners!!!



NOTES

Don't feel guilty if that's all they eat.

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3 HAM & "CHEESE" SANDWICHES

4 sammies

PREP TIME 25 minutes
COOK TIME 2 hours

INGREDIENTS

Ham
Cheese
Bread
Condiments

DIRECTIONS

1. Make sandwiches with ham and cheese, but don't take the wrapper off the cheese. (giggle)
2. Add all condiments you have on hand to the sandwich.
3. Send to school or serve at home.
4. (Include a backup lunch that they'll actually eat!)

4 FROZEN BREAKFAST

4 chilly servings

PREP TIME 20 minutes
COOK TIME 1 hour

INGREDIENTS

Milk
Cereal

DIRECTIONS

1. Night before 4/1, add cereal and milk to freezer-safe bowl and freeze overnight.
2. Watch them dig & crunch through their bowl of cereal.
3. Then laugh all the way to the bank...or to school. Don't accidentally drive to the bank when you're supposed to be dropping off at school. See recipe #6.



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5 KID JUICE

1 serving per kid

 **PREP TIME** 10 minutes
COOK TIME 2 hours

INGREDIENTS

Clear juice glasses
Jello
Water

DIRECTIONS

1. Fill clear juice glasses that your kids use with jello in advance of the meal or snack.
2. Serve and giggle as they take a 'sip.'
3. Then accept the high 5s from the kids for being the most clever mom ever!

NOTES

Mom FTW!!!!

6 MOMMY JUICE - PERFECT BREAKFAST BEVERAGE

1-4 servings, depending on the day!

 **PREP TIME** 10 minutes
COOK TIME 0 minutes

INGREDIENTS

3 oz. peach nectar
3 oz. champagne or prosecco wine
1 tsp lemon juice
Sugar, to taste
Ice to chill

DIRECTIONS

1. Add everything to a glass. Drink and repeat.
2. It's 5 'oclock somewhere, right?

NOTES

Who is winning at breakfast now??? (hehehe)

SHARE THIS PLAN!!!

We would LOVE for you to share our silliness with your family and friends who need help regaining control over the dinner hour!

We promise to send them a real, normal meal plan!

*Forward this email to them!
Tell them you have a surprise for them!

*Share one of these ideas on Facebook!

*Send them to sign up for free trial at...

<http://www.5dollarmealplan.com>

Then, have fun playing silly pranks on the kids :)

Happy April Fool's Day!!! *mwah*