Meal Planning Week One

**Monday: Smothered Pork Chops** - This slow cooker recipe is so easy and yummy! Serve on top of rice. This will be updated in few days to include a link to the recipe. Check it out. (Today - 1/21/2017)

**Tuesday: Cheap and Yummy Bean Burritos** - Use one can of Market Pantry refried beans. Next heat up the beans on the stove top and add them to your wrap.  Then add shredded cheddar cheese and your favorite toppings! We like salsa and light sour cream. Optional: Make a rice packet and add as a filling!

**Wednesday: Grilled Chicken and Veggies** - Thaw over night and season up your chicken with salt and pepper and/or Italian dressing. Next pan fry it on your stove top for around 8 minutes on medium high heat. (Always check your meat is cooked to an internal temperature of 165 degrees Fahrenheit). I usually buy frozen vegetables and steam them, because they are cheaper than fresh and they still hold a great deal of nutrients.

**Thursday: Sloppy Joes**- Use Ground Beef and Manwich sloppy Joe Mix! Brown up your meat and add the mix! Serve on a bun with a side of veggies. Yummy!

**Friday:  Freezer Friday** - We like fish sticks (Gorton's is a good option) or spinach ravioli and veggies but feel free to cook up anything you have been meaning to eat in the back of your freezer.

**Saturday: Homemade Cheap and Yummy Pizza** - Make a basic pizza dough (Here is one from T[he Food Network](http://www.foodnetwork.com/recipes/food-network-kitchens/basic-pizza-dough-recipe.html) that I like. Also you can freeze the extra) and add pizza sauce and your favorite toppings. We like black olives and onions. Another easy option for pizza crust is the Market Pantry thin crust, which sells for only $1.49.

**Sunday: Crock Pot Chicken Tacos** - This is such an easy meal. Just add 1/2 cup water, 1/2 onion, and three thawed chicken breast to your crock pot. Add 1/2 a packet of taco seasoning and 1 cup of salsa. Next, cook on high for around four hours (depending on your crock pot) and shred the chicken.  Then mix well and drain if it seems too liquidy. Lastly, serve on wraps with your favorite toppings.

http://ir-na.amazon-adsystem.com/e/ir?t=sarpep-20&l=am2&o=1&a=B005D6FWAYMeal Planning Week Two

**Monday: Leftovers** - Use the leftover chicken from last night’s meal to make more yummy tacos or serve on tortilla chips with cheese for chicken nachos.

**Tuesday: Pancakes and Eggs** - Breakfast for dinner! Why not?  You will get your protein from the eggs and carbohydrates from the pancakes. Best of all, my kids will eat it! They usually refuse to eat and get up fifteen times, but that is beside the point!  With pancakes, they lick their plates clean.

**Wednesday: Cheddar Turkey Burgers** - Mix one package of ground-turkey with 1 cup of cheddar cheese. Next season with salt and pepper and a few splashes of Worcestershire sauce. Lastly cook your patties and serve them on a bun with veggies as a side.

**Thursday: Mozzarella Grilled Cheese and Tomato Bisque** - I use sliced mozzarella for the grilled cheese and a side of Campbell's Tomato Bisque. The grilled cheese is great for dipping.

**Friday: Freezer Friday** - Pull something out that will expire soon! If you are extremely good at using everything in your freezer, try Market Pantry Frozen Ravioli!  They have a few varieties!

**Saturday: Pulled Chicken Sandwiches and Veggies** - Another simple crock pot recipe! This recipe will be added soon and is a very simple way to make your pulled chicken in a slow cooker.

**Sunday: BBQ Chicken Pizza** - Make a basic pizza dough (should have some in the freezer if you made the recipe above) and add leftover chicken from last night, plus red onions and mozzarella cheese. Bake for around 20 minutes! YUM!