

Meal Planner for 2 Sample Week

Menu

Day 1	Day 2	Day 3	Day 4
Macaroni & Cheese Nacho Dinner	Creamy Potatoes 'N' Kielbasa	Barbecue Chicken	French Dip Sandwiches
corn	peas	Easy Garlic New Potatoes	chips
banana	bread	carrots	pineapple
		crescent rolls	green beans
			**you can get the sandwiches ready the night before & store them in the refrigerator until ready to heat

Recipes

Macaroni and Cheese Nacho Dinner

1 pkg Velveeta Shells & Cheese Dinner
 ½ lb ground beef
 ½ pkg taco seasoning
 6 Tbsp water
 6 Tbsp (3 oz) sour cream
 6 Tbsp shredded cheddar cheese
 6 Tbsp salsa

Prepare dinner following box directions. While macaroni is cooking, brown meat and drain. Add taco seasoning mix and water to meat; simmer 5 minutes. After Macaroni and cheese is prepared take ½ and put it in another container and save it to eat another time. Stir sour cream, shredded cheddar cheese, and salsa into remaining prepared dinner. Then add meat.

Creamy Potatoes 'N' Kielbasa

1 ¾ cups (14 oz) frozen hash brown potatoes
 ½ lb fully cooked kielbasa or polish sausage
 1 can cream of mushroom soup
 ½ cup shredded cheddar cheese
 ¼ cup water

Cut sausage into ¼ inch slices. In crock pot, combine all ingredients. Cover and cook on low for 6 – 8 hours or until the potatoes are tender.

Barbecue Chicken

- 2 boneless skinless chicken breasts
- 1 bottle of your favorite BBQ sauce

Preheat oven to 425 degrees F. Line a 9x13-inch pan with foil and spray with cooking spray. Place chicken in pan and pour desired amount of BBQ sauce on each piece. Cook uncovered in the oven for 20-30 minutes.

Easy Garlic New Potatoes

- 4-5 new potatoes (or 2 red potatoes cut up)
- 3 Tbsp butter
- 3 cloves garlic (or garlic powder to taste)
- ¼ cup diced onion

Boil potatoes, drain and set aside. Melt butter and add garlic and onion. Put mixture over potatoes. The longer you let it set the more the flavor is absorbed.

You can also cut your potatoes and put them in a microwave safe bowl. Put butter, garlic and onion on top. Cook on high in the microwave for 8-10 minutes or until potatoes are tender.

French Dip Sandwiches

- ½-1 lb deli roast beef
- Hoagie buns
- Swiss cheese slices
- ½ pkg Beef Au Jus gravy mix

Preheat oven to 300 degrees. Slice hoagie, top with roast beef and Swiss cheese slices. Top with rest of bun. Wrap in aluminum foil. Place in oven for about 15 minutes. While sandwiches are in the oven, make Au Jus gravy as directed on package. Serve Au Jus gravy on side and dip sandwiches in gravy while eating.

Grocery List

Day 1

Macaroni & Cheese Nacho Dinner

- 1 pkg Velveeta Shells & Cheese Dinner
- ½ lb ground beef
- ½ pkg taco seasoning
- 6 Tbsp sour cream
- 6 Tbsp shredded cheddar cheese
- 6 Tbsp salsa
- 1 small can corn
- 2 bananas

Day 2

Creamy Potatoes 'N' Kielbasa

- 1 ¾ (14 oz) pkg frozen hash brown potatoes
- ½ lb fully cooked kielbasa or polish sausage
- 1 can cream of mushroom soup
- ½ cup shredded cheddar cheese
- 1 small can peas
- bread (for bread with butter as a side)

Day 3

Barbecue Chicken

- 2 boneless skinless chicken breasts
- 1 bottle of your favorite BBQ sauce

Easy Garlic New Potatoes

- 4-5 new potatoes (or 2 red potatoes)
- 3 Tbsp butter
- 3 cloves garlic (or garlic powder to taste)
- ¼ cup diced onion
- 1 small bag baby carrots
- 1 tube crescent rolls

Day 4

French Dip Sandwiches

- ½-1 lb deli roast beef
- Hoagie buns
- Swiss cheese slices
- ½ pkg Au Jus gravy mix
- 1 bag of your favorite chips
- 1 small can pineapple
- 1 small can green beans