

My Family Meal Planner Sample Week

Menu

Day 1	Day 2	Day 3	Day 4
Easy to Stuff Manicotti	Chicken Noodle Soup	KC Steaks in crock pot	Chicken Quesadillas
corn	mashed potatoes	green beans	bananas
pineapple	carrots	pineapple	peas
		rice	

Recipes

Easy to Stuff Manicotti

1 lb ground beef
½ cup chopped onion
1 (26 oz) jar spaghetti sauce
14 pieces string cheese
1½ cups shredded mozzarella cheese
1 pkg Manicotti

Cook manicotti according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat; drain. Stir in the spaghetti sauce. Spread half of the meat sauce into a greased 9x13 in. pan. Drain manicotti; stuff each shell with a piece of string cheese. Place over meat sauce; top with remaining sauce. Cover and bake at 350° for 25-30 minutes or until heated through. Sprinkle with mozzarella cheese. Bake, uncovered, for 5-10 minutes or until the cheese is melted.

Chicken Noodle Soup

3 cans chicken broth
1 can of water (chicken broth can)
2-4 cups cooked chicken
1 pkg Frozen Reames egg noodles

Bring chicken broth, water, and cooked chicken to a boil. Add frozen Reames egg noodles. Bring to a boil and let simmer for 20 minutes. Add pepper to taste. Tastes good served over mashed potatoes. (You could also add carrots and celery to the soup.)

KC's Steaks

4 KC Strip steaks (or however many you need for your family)
1 can french onion soup
1 pkg mozzarella cheese
1 can sliced mushrooms

Place steaks in your crock pot. Pour french onion soup and mushrooms over top. Cover and cook on low 6-8 hours. Prior to eating, sprinkle cheese on top of steaks and cover until melted.

Chicken Quesadillas

Tortilla wedges filled with cooked chicken, cheese and black beans (optional). Heat on a skillet. Top with your favorite Mexican toppings.

Grocery List

Week 4

Day 1-Easy to Stuff Manicotti

1 lb ground beef
½ cup chopped onion
1 (26 oz) jar spaghetti sauce
14 pieces mozzarella string cheese
1½ cups shredded mozzarella cheese
1 pkg manicotti noodles
1 can corn
1 can peaches

Day 2-Chicken Noodle Soup

3 cans chicken broth
2-4 cups cooked chicken
1 pkg frozen Reames egg noodles
ingredients for mashed potatoes
1 pkg baby carrots

Day 3-KC Steaks in crock pot

4 KC strip steaks (or however many you need for your family)
1 can French onion soup
1 small bag mozzarella cheese
1 can sliced mushrooms
2 cups rice (as a side dish)
1 can green beans
1 can pineapple tidbits

Day 4-Chicken Quesadillas

2 cups cooked chicken
1 pkg flour tortillas
1 pkg mozzarella cheese
1 can black beans (optional, can put in your quesadillas)
bananas
1 can peas