

My Family Meal Planner Slow Cooker Only

Sample Week

Menu

Day 1	Day 2	Day 3	Day 4
Pineapple Ham Steaks	Basil Chicken	Quick Easy Chili	Chinese Pot Roast
mashed potatoes	egg noodles	cinnamon rolls	rice
bread	strawberries	applesauce	carrots
	green beans		broccoli

Recipes

Pineapple Ham Steaks

4 thick slices of boneless ham, fully cooked (3/4" thick)
 1/3 cup brown sugar
 1 (20 oz) can crushed pineapple (do not drain)

Place ham in greased slow cooker. Combine brown sugar and pineapple. Spread over ham. Cook on low for 5-6 hours.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe (9.1 ounces).
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	340.48
Calories From Fat (22%)	75.85
% Daily Value	
Total Fat 8.39g	13%
Saturated Fat 2.79g	14%
Cholesterol 83.16mg	28%
Sodium 2010.79mg	84%
Potassium 609.32mg	17%
Total Carbohydrates 26.81g	9%
Fiber 0.76g	3%
Sugar 25.5g	
Protein 38.29g	77%

Basil Chicken

1 lb boneless skinless chicken breasts
 1/2 tsp pepper
 1/2 tsp basil
 1 (10.75 oz) can cream of celery soup
 1/2 of a green bell pepper, sliced

Place chicken in your slow cooker. Sprinkle with pepper and basil. Pour soup on top of chicken and top the soup with the pepper slices. Cook on low for 4-6 hours.

Servings: 4

Nutrition Facts

Serving size: 1/4 of a recipe (7.4 ounces).
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	180.63
Calories From Fat (22%)	39.69
% Daily Value	
Total Fat 4.48g	7%
Saturated Fat 1.62g	8%
Cholesterol 75.85mg	25%
Sodium 389.85mg	16%
Potassium 427.1mg	12%
Total Carbohydrates 5.66g	2%
Fiber 0.68g	3%
Sugar 0.44g	
Protein 28.17g	56%

Quick Easy Chili

- 1 lb lean ground beef
- 1 can kidney beans
- 1 (14.5 oz) can diced tomatoes, no salt added
- 1 (15 oz) can tomato sauce
- ½ cup diced onion
- 2 cloves garlic, minced
- 3 Tbsp chili powder

Put raw ground beef in the slow cooker. Add remaining ingredients and stir. Stir periodically throughout the day. Cook on low for 6-7 hours. If you prefer, you can brown the ground beef and then add it to your slow cooker. I would just cook on low for 3-4 hours instead.

Chinese Pot Roast

- 2 ½ lb pot roast
- 1 onion, cut in 4 quarters
- ¼ cup brown sugar
- ½ cup soy sauce, low sodium
- 1 Tbsp ginger
- 3 cups water

Put the roast in the slow cooker and spread the other ingredients over top. Cook on low for 6-8 hours.

Grocery List

Day 1 - Pineapple Ham Steaks

- 4 thick slices of boneless ham, fully cooked (¾" thick)
- 1/3 cup brown sugar
- 1 (20 oz) can crushed pineapple
- ingredients for mashed potatoes
- bread

Day 2 - Basil Chicken

- 1 lb boneless skinless chicken breasts
- ½ tsp pepper
- ½ tsp basil
- 1 (10.75 oz) can cream of celery soup
- ½ of a green bell pepper
- egg noodles
- strawberries
- green beans

Servings: 6

Nutrition Facts

Amount Per Serving	
Serving size: 1/6 of a recipe (10.6 ounces).	Calories 253.65
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.	Calories From Fat (26%) 64.83
	% Daily Value
Nutrition information provided by the recipe author.	Total Fat 7.26g 11%
	Saturated Fat 2.65g 13%
	Cholesterol 45.69mg 15%
	Sodium 1082.71mg 45%
	Potassium 782.65mg 22%
	Total Carbohydrates 26.42g 9%
	Fiber 8.31g 33%
	Sugar 9.14g
	Protein 21.8g 44%

Servings: 8

Nutrition Facts

Amount Per Serving	
Serving size: 1/8 of a recipe (9.5 ounces).	Calories 459.77
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.	Calories From Fat (67%) 309.78
	% Daily Value
Nutrition information calculated from recipe ingredients.	Total Fat 34.31g 53%
	Saturated Fat 14.64g 73%
	Cholesterol 99.23mg 33%
	Sodium 617.41mg 26%
	Potassium 479.75mg 14%
	Total Carbohydrates 10.01g 3%
	Fiber 0.47g 2%
	Sugar 7.61g
	Protein 26.22g 52%

Day 3 - Quick Easy Chili

- 1 lb lean ground beef
- 1 can kidney beans
- 1 (14.5 oz) can diced tomatoes, no salt added
- 1 (15 oz) can tomato sauce
- ½ cup diced onion
- 2 cloves garlic, minced
- 3 Tbsp chili powder
- cinnamon rolls
- applesauce

Day 4 - Chinese Pot Roast

- 2 ½ lb pot roast
- 1 onion, cut in 4 quarters
- ¼ cup brown sugar
- ½ cup soy sauce, low sodium
- 1 Tbsp ginger
- rice
- carrots
- broccoli