

Real Food Plan for Busy Weeknights

<i>Week One</i>	<p><u>Weekend Prep</u></p> <p>*Thaw chicken for the whole week of meals, slice in 1/2 horizontally, marinate.</p> <p>*Thaw hamburger for the whole week of meals.</p> <p>*Buy or pick and wash salad veggies for a week of meals. **Boil eggs for large salad days.</p>	<p><u>MONDAY</u></p> <p>*Grill 10-12 hamburgers, use 1/2 for dinner, put 1/2 back in fridge.</p> <p>*Scrub and slice potatoes for french fries, bake.</p> <p>*Chop or pull out fresh salad veggies.</p>	<p><u>TUESDAY</u></p> <p>*Grill 10 thin-sliced chicken breasts, use 1/2 for dinner, put 1/2 back in fridge.</p> <p>*Rinse and cook 3 cups of rice/grain in the rice cooker.</p> <p>*Rinse and steam fresh broccoli</p>	<p><u>WEDNESDAY</u></p> <p>*Chop cold grilled chicken leftovers for dinner.</p> <p>*Add to large salad.</p>	<p><u>THURSDAY</u></p> <p>*Sautee leftover hamburgers into Salsbury steaks.</p> <p>*Scrub and bake potatoes in the microwave or Instapot.</p> <p>*Rinse, chop, steam Brussle sprouts.</p>	<p><u>FRIDAY</u></p> <p>*Brown triple batch of hamburger, use 1/3 for taco dinner, put 2/3rds back in fridge.</p> <p>*Use leftover rice, lettuce, cheese, peppers, onions, and tomatoes.</p>
<i>Week Two</i>	<p><u>Weekend Prep</u></p> <p>*Buy or pick and wash salad veggies for a week of meals. **Boil eggs for large salad days.</p> <p>*Thaw chicken for the whole week of meals. Marinate 2/3rds.</p> <p>*Bake (or buy) fresh bread for dinners.</p>	<p><u>MONDAY</u></p> <p>*Add 1/3 browned hamburger left over from last week to 2 jars of spaghetti sauce.</p> <p>*Cook 2x noodles. Mix extra noodles, sauce, cheese into baked spaghetti dish next week.</p> <p>*Salad and warm bread.</p>	<p><u>TUESDAY</u></p> <p>*Grill the marinated chicken, use 1/2 for dinner. Save 1/2 for next week.</p> <p>*Steam green beans.</p> <p>*Chop or pull out fresh salad veggies.</p> <p>*Warm bread.</p>	<p><u>WEDNESDAY</u></p> <p>*Crockpot unmarinated chicken with 1/2 jar of salsa, shred w/fork at dinner.</p> <p>*Rinse and cook 2 cups rice with 1/2 jar of salsa.</p> <p>*Use salad fixings and tortillas to make quick chicken wraps.</p>	<p><u>THURSDAY</u></p> <p>*Use last 1/3 of browned hamburger from last week. Mix with mushrooms, sour cream, beef broth and pasta to make beef stroganoff.</p> <p>*Add salad, bread.</p>	<p><u>FRIDAY</u></p> <p>*Fridgerator Buffet or frozen pizza night w/salad.</p>
<i>Week Three</i>	<p><u>Weekend Prep</u></p> <p>*Buy or pick and wash salad veggies for a week of meals. **Boil eggs for large salad days.</p> <p>*Thaw hamburger and bacon for the week.</p>	<p><u>MONDAY</u></p> <p>*Chop cold grilled chicken leftovers from last week for dinner.</p> <p>*Add to large salad.</p>	<p><u>TUESDAY</u></p> <p>*Baked pasta dish from last week in oven.</p> <p>*Add salad and bread.</p>	<p><u>WEDNESDAY</u></p> <p>*Breakfast for dinner. Cook 2x bacon and potatoes.</p>	<p><u>THURSDAY</u></p> <p>*Brown all hamburger. Use 1/2 for dinner, save 1/2 for tomorrow.</p> <p>*Add leftover bacon, potatoes, cabbage, onions for skillet meal.</p>	<p><u>FRIDAY</u></p> <p>*Use leftover hamburger and salad fixings for TACO NIGHT.</p>