

## Real Food Plan for Busy Weeknights

<i>Week One</i>	<p><b><u>Weekend Prep</u></b></p> <ul style="list-style-type: none"> <li>*Thaw chicken for the whole week of meals, slice in 1/2 horizontally, marinate.</li> <li>*Thaw hamburger for the whole week of meals.</li> <li>*Buy or pick and wash salad veggies for a week of meals. **Boil eggs for large salad days.</li> </ul>	<p><b><u>MONDAY</u></b></p> <ul style="list-style-type: none"> <li>*Grill 10-12 hamburgers, use 1/2 for dinner, put 1/2 back in fridge.</li> <li>*Scrub and slice potatoes for french fries, bake.</li> <li>*Chop or pull out fresh salad veggies.</li> </ul>	<p><b><u>TUESDAY</u></b></p> <ul style="list-style-type: none"> <li>*Grill 10 thin-sliced chicken breasts, use 1/2 for dinner, put 1/2 back in fridge.</li> <li>*Rinse and cook 3 cups of rice/grain in the rice cooker.</li> <li>*Rinse and steam fresh broccoli</li> </ul>	<p><b><u>WEDNESDAY</u></b></p> <ul style="list-style-type: none"> <li>*Chop cold grilled chicken leftovers for dinner.</li> <li>*Add to large salad.</li> </ul>	<p><b><u>THURSDAY</u></b></p> <ul style="list-style-type: none"> <li>*Sautee leftover hamburgers into Salisbury steaks.</li> <li>*Scrub and bake potatoes in the microwave or Instapot.</li> <li>*Rinse, chop, steam Brussle sprouts.</li> </ul>	<p><b><u>FRIDAY</u></b></p> <ul style="list-style-type: none"> <li>*Brown triple batch of hamburger, use 1/3 for taco dinner, put 2/3rds back in fridge.</li> <li>*Use leftover rice, lettuce, cheese, peppers, onions, and tomatoes.</li> </ul>
<i>Week Two</i>	<p><b><u>Weekend Prep</u></b></p> <ul style="list-style-type: none"> <li>*Buy or pick and wash salad veggies for a week of meals. **Boil eggs for large salad days.</li> <li>*Thaw chicken for the whole week of meals. Marinate 2/3rds.</li> <li>*Bake (or buy) fresh bread for dinners.</li> </ul>	<p><b><u>MONDAY</u></b></p> <ul style="list-style-type: none"> <li>*Add 1/3 browned hamburger left over from last week to 2 jars of spaghetti sauce.</li> <li>*Cook 2x noodles. Mix extra noodles, sauce, cheese into baked spaghetti dish next week.</li> <li>*Salad and warm bread.</li> </ul>	<p><b><u>TUESDAY</u></b></p> <ul style="list-style-type: none"> <li>*Grill the marinated chicken, use 1/2 for dinner. Save 1/2 for next week.</li> <li>*Steam green beans.</li> <li>*Chop or pull out fresh salad veggies.</li> <li>*Warm bread.</li> </ul>	<p><b><u>WEDNESDAY</u></b></p> <ul style="list-style-type: none"> <li>*Crockpot unmarinated chicken with 1/2 jar of salsa, shred w/fork at dinner.</li> <li>*Rinse and cook 2 cups rice with 1/2 jar of salsa.</li> <li>*Use salad fixings and tortillas to make quick chicken wraps.</li> </ul>	<p><b><u>THURSDAY</u></b></p> <ul style="list-style-type: none"> <li>*Use last 1/3 of browned hamburger from last week. Mix with mushrooms, sour cream, beef broth and pasta to make beef stroganoff.</li> <li>*Add salad, bread.</li> </ul>	<p><b><u>FRIDAY</u></b></p> <ul style="list-style-type: none"> <li>*Fridgerator Buffet or frozen pizza night w/salad.</li> </ul>
<i>Week Three</i>	<p><b><u>Weekend Prep</u></b></p> <ul style="list-style-type: none"> <li>*Buy or pick and wash salad veggies for a week of meals. **Boil eggs for large salad days.</li> <li>*Thaw hamburger and bacon for the week.</li> </ul>	<p><b><u>MONDAY</u></b></p> <ul style="list-style-type: none"> <li>*Chop cold grilled chicken leftovers from last week for dinner.</li> <li>*Add to large salad.</li> </ul>	<p><b><u>TUESDAY</u></b></p> <ul style="list-style-type: none"> <li>*Baked pasta dish from last week in oven.</li> <li>*Add salad and bread.</li> </ul>	<p><b><u>WEDNESDAY</u></b></p> <ul style="list-style-type: none"> <li>*Breakfast for dinner. Cook 2x bacon and potatoes.</li> </ul>	<p><b><u>THURSDAY</u></b></p> <ul style="list-style-type: none"> <li>*Brown all hamburger. Use 1/2 for dinner, save 1/2 for tomorrow.</li> <li>*Add leftover bacon, potatoes, cabbage, onions for skillet meal.</li> </ul>	<p><b><u>FRIDAY</u></b></p> <ul style="list-style-type: none"> <li>*Use leftover hamburger and salad fixings for TACO NIGHT.</li> </ul>