

THE DINNER PLAN
Winter 2023 Menu Plan
Week 1

Day 1

Mini Meatloaves and Quick Mac and Cheese

Optional: prep meatloaves ahead

Veg: serve just mac and cheese

Day 2

Chicken Chili (++) , (Prep) with Salad or Fruit

Optional: prep ahead or can use slow cooker

Veg: leave out chicken

Day 3

Chicken Bacon Ranch (++) w/ Potatoes and Broccoli (or Vegetable of choice)

Day 4 (Easy)

Leftover Chicken Chili served on Chips, or in a Taco-Style salad

OR

Fried Ham Steak and leftover Mac and Cheese,

Veg: skip ham steak and add broccoli/vegetables

Day 5

Pizza Night

(Use either store bought or homemade crusts)

Ideas~use leftover chicken, bacon from Day 3 make BBQ pizzas

Veg—Any leftover veggies, use cauliflower crust

Freezer/Meal Prep:

Mexican Chicken Chili: can make a large batch ahead also can be made in slow cooker, this can be frozen or kept in fridge for 3-5 days.

Meatloaves can be made ahead, stored in fridge then pulled out and placed in muffin pans or made ahead, cooked and frozen.

TERMS TO KNOW

E-Easy (quick cook, 10 minute prep or less)

R- Regular Night (30 minute prep or less)

Prep-Prep Ahead (if you can)

++ on Menu- Make Extra (for leftovers)

++ on Shopping List-Buy Extra, will use again

GF- Gluten Free modification

PRO—Extra protein optional

SF- Sugar Free modification

SC- Shortcut option

Veg— Meatless option

<p>Meal One</p>	<p>Mini Meatloaves + Easy Mac and Cheese Prep Time: 20 Minutes Cook Time: 45 minutes</p>	<p>Side Ideas: Steamed Broccoli or Green Beans</p>	<p>Notes: Cook Mac + Cheese about 45 minutes at 350, covered with foil. Uncover for last few minutes. Add in pasta cook time. Gluten-Free: Use GF pasta, gluten-free bread crumbs in meatloaves. Meatloaves can be made ahead and frozen. Veg: Skip meatloaves</p>
<p>Meal Two</p>	<p>Mexican Chicken Chili Prep Time: 10 minutes Cook Time: 20-30 minutes</p>	<p>Side Salad Tortilla Chips Sliced Avocado Sliced Apples</p>	<p>Notes: *Make extra and save for Meal Four* Can make chili in slowcooker ahead. Can use pre-prepped Mexican chicken for a quick dinner. GF: This is already gluten-free (check ingredients) Veg: Skip chicken, add more beans and more vegetables (like peppers)</p>
<p>Meal Three</p>	<p>Chicken Bacon Ranch Prep Time: 10 minutes Cook Time: 20 minutes</p>	<p>Hash Browns, Mashed or Diced Potatoes Green Salad</p>	<p>Notes: *Make extra chicken and bacon and save for BBQ pizza toppings for Meal Five*. GF: Use GF ingredients Health Notes: Use Nitrate Free Bacon, Clean Ranch Dressing (or make your own)</p>
<p>Meal Four *EASY NIGHT*</p>	<p>Leftover Chicken Chili on Chips or Taco Salad OR Or Fried Ham Steak with leftover Mac and Cheese</p>	<p>Use Salad Mix with Leftover Chili or as a side for Ham</p>	<p>Notes: Easy variations: Serve over chips for nachos, on a salad for taco salad. (See GF/Veg notes above for Day Two)</p>

Meal Five

Pizza Night

Notes: Store bought or
make quick crust.
Toppings: BBQ Pizza
with leftover chicken
and bacon.
Veg: Add Vegetables
GF: GF Crust

SHOPPING LIST FOR WEEK ONE:

{note: ++ means you will need more of this ingredient another night}

Mini Meatloaves: (makes 12 small meatloaves)

- 1 Lb Ground Pork (Natural/Organic)
- 1 Lb Ground Beef or Turkey (Natural/ Organic)
- 2 slices of bread (white or white “wheat” is best, or GF white)
- 2T of Milk (of your choice)
- Garlic
- Onion
- Cheddar Cheese ++
- Ketchup
- (3 or 4 slices) Bacon ++
- Ranch (optional) ++
- Foil muffin pan liners (optional, but help with clean up)

Macaroni + Cheese: (makes a 9x13 pan)

- 1 Box Pasta (Penne, Elbows or GF)
- 3 Eggs
- 8 oz Cheddar Cheese ++
- 8 oz Mozzarella Cheese ++
- 1 cup Milk
- 1 stick Butter
-
- Side Vegetable of Choice

Mexican Chicken Chili

(serves 4 easily, for larger amount add more sauce and another can of beans)

- 2 - 3 Chicken Breasts ++ (SC: Prepped Mexican Chicken)
- 1 can diced Tomatoes (opt: w/ chilis)
- 1 can Tomato Sauce
- 2 cans Black Beans (or Pinto)
- 2/3 cup Corn (SC: frozen is fine)
- 1 clove Garlic
- 1 small Onion
-
- Tortilla Chips (opt) ++
- Green Salad (SC: Bag) ++
- Cheese (opt: for Nachos)
- Other toppings: Sour cream, Guacamole, Fresh Onion

Chicken Bacon Ranch

- Chicken Breasts (adjust for # serving)++
- Bacon

- Ranch Dressing
- Cheddar Cheese
- Hash Browns or Potatoes (SC: Frozen)
- Side Vegetable (such as broccoli)
-
- Ham Steak (if not serving chili again)

For Chicken Wraps:

- Extra Ingredients above (chicken, bacon, ranch, cheese)
- Flour tortillas
- Iceberg or Romaine lettuce

Pizza Night:

- Pizza Crust (SC: ready made or mix, adjust for # serving)
- Mozzarella Cheese
- Pizza Sauce
- Toppings
- (For BBQ style: Extra Chicken, Bacon, Onion etc.)

RECIPES WEEK ONE

Mini Meatloaves

These can be made from any meatloaf recipe you like. Cooking them in muffin pans creates smaller portions that cook quickly, better for weeknights. You can also make them in two small mini loaf pans and freeze one for another dinner, great if cooking for one or two.

Preheat oven to 350 degrees.

Ingredients:

1 Lb Ground Pork (Natural/Organic)
1 Lb Ground Beef or Turkey (Natural/ Organic)
2 Slices of bread (white or white "wheat" is best, or GF white), crusts removed
2T of Milk (of your choice)
1 Clove of Garlic Chopped
1/3 Cup of Chopped Onion
1/2 Cup Shredded Cheddar Cheese
1/4 Ketchup
1 T Ranch Dressing
Salt and Pepper to Taste

3 or 4 slices of Bacon, chopped into small strip-style pieces.

Mix all ingredients (except bacon) in large bowl until well blended. Roll into balls and place into muffin pan compartments filled with foil liners. Pressing well into fill entire muffin cup. Top each with a few strips of bacon for flavor.

Cook for 20-25 minutes at 350 degrees until cooked through.

Easy Macaroni and Cheese

Preheat oven to 350 degrees.

Ingredients:

1 Box Pasta (Penne, Elbows or GF)
3 Eggs
8 oz Shredded Cheddar Cheese (plus a little extra for topping)
8 oz Shredded Mozzarella Cheese (plus a little extra for topping)
1 cup Milk (Almond, Soy etc. is fine).
3/4 stick of Butter

The assembly for this dish needs to happen quickly, so have all the ingredients ready to go when pasta is cooked.

Cook elbow macaroni noodles as directed in a large, heavy duty pot. Drain well and return immediately to pot. (turn heat off, but hot burner is ok).

Add to same pot:

3/4 a stick of butter
1 cup milk
3 eggs beaten

Stir well together until butter is melted and well combined, then add:

16 oz mozzarella cheese
16 oz cheddar cheese
Add some salt and pepper to taste and stir again well.

Spray 13x9 pan with cooking spray and dump the pasta mixture in. Add remaining cheese to top, cover with aluminum foil and bake at 350 degrees for 30 to 45 minutes, removing foil for the last few minutes to brown top.

This makes a full pan size so you will probably have leftovers. Serve with a ham steak (or two ham steaks depending on # feeding) for an easy night dinner with reheated Mac and cheese.

Mexican Chicken Chili

Ingredients:

1/3 cup onion chopped
1 16 oz can black beans, drained
1 16 oz can tomato sauce
1 cup frozen corn
2 14 oz cans diced tomato and green chilies
1 taco seasoning packet
1 T cumin
1 T chili powder
3 to 4 boneless breasts of chicken, chopped

Cook chicken in large pan in a small amount of olive oil. Add all remaining ingredients to crockpot or add to pan. Combine and cook.

To make a larger amount add another cup of black beans and more corn (to taste). Add more tomato sauce for a less thick chili.

Modification:

Taco Style Salad or Nachos

Reheat leftover chili and serve over lettuce (or use salad kit), top with cheese, fresh onion, guacamole or other choice of toppings.

For nachos, lay tortilla chips on cooking sheet, top with chili (warm in microwave or on range first), top with cheese and other toppings of choice. Place under broiler just long enough for cheese to melt. Watch carefully so it doesn't burn!

Chicken Bacon Ranch

Ingredients:

Butter or Olive Oil

Chicken Breasts (adjust for # serving, usually one breast per person)

Bacon (approximately one strip per person)

1 T of Ranch Dressing (per person)

1 T of Cheddar Cheese (per person)

Salt and Pepper

Hash Browns or Potatoes on side.

This is a fast and easy dinner that is a staple in our home! It flexes easily for any number of people. You can also grill the chicken for more flavor. I recommend cooking extra chicken breasts and bacon at the same time and storing in refrigerator to make for fast dinner another night either for pizza toppings or chicken ranch wraps.

Cook chicken breasts in hot butter (or olive oil) in a sauce pan until cooked through.

Cook bacon until crispy, drain and serve. (Can cook bacon, remove from pan, wipe out then reuse for chicken breasts).

Top each warm, cooked chicken breast with cheddar cheese, ranch dressing and sprinkle with chopped bacon.

We serve this with hash brown (or potatoes O'Brien style) on the side along with a salad or vegetable. Frozen French fries or even frozen mashed potatoes will work if your family prefers.

Modification: Chicken Bacon Ranch Wraps

Chop up chicken, add to flour tortilla along with all other toppings (cheese, ranch and bacon). Add shredded lettuce and wrap.

Pizza Night:

No recipes here—this is a great way to celebrate the end of the week. If you like to make your own pizza crust, go right ahead! Otherwise you can purchase a ready-made crust or purchase the dough.

Use leftover Chicken from Chicken, Bacon and Ranch to make a BBQ style pizza. Simply dress the chicken in some barbecue sauce and sprinkle over pizza crust coated with pizza sauce. Add bacon, onion and cheese and cook as directed.