

Dinner 1 - Sheet Pan

1. Cook all at once on large sheet pan.
2. Salmon: cover in honey, grated ginger and lemon juice (I prepare about ½ lb per person)
3. Green beans and asparagus: cut up and toss with olive oil, onion powder and garlic powder in zip lock (or get already cut in the frozen section)
4. Spread all on sheet pan and cook at 425°F about 15 min until salmon internal temperature reads 145°F.
5. Salad kit

Dinner 2 - Casserole

1. Preheat oven to 350°F
2. In a pan on the stove brown 3 lbs. of ground beef, after browned drain grease and stir these in, 2 pkg cream cheese, 1 c beef broth, 1 tsp garlic powder, 1 c heavy whipping cream, salt and pepper.
3. Turn stove back on and simmer + stir.
4. Once reduced some add 4 cans of green beans (drained) and spread into 9x13 pan and a foil pan*. Add ¾ c cheese to each (or half of each bag) mozzarella and cheddar cheese.
5. Bake for 25 min.

*This is DOUBLED already so you can make 2, one for the freezer and one for tonight. Put one in a foil pan, wrap with foil, sharpie on top cooking instructions and put in freezer for week 3.

WEEK 1

DINNER

MENU

Dinner 3 - Sheet Pan

1. Chicken thighs: in Ziplock toss with olive oil, cut up sage and oregano from our garden
2. Bacon: lay bacon over all
3. Sweet potatoes: cube and toss with rosemary and olive oil in same Ziplock
4. Broccoli: toss with olive oil and rosemary and sweet potatoes
5. Spread all on sheet pan and cook at 400°F about 25-30 min until chicken is reading 165°F.
6. Salad kit

*Double what is freezer appropriate for week 3, put in large Ziplock bag without olive oil (put thighs in separate Ziplock with marinade and freeze with large Ziplock of veggies.)

Dinner 4 - Pasta

1. Brown meat and put in a Ziplock in the fridge if you're prepping for the week or just use it for the night.
2. You can also sauté frozen veggies with the meat to add in some extra.
3. Use low carb/sodium tomato sauce or just plain crushed tomatoes with your own seasoning.
4. Use high protein pasta like Barilla Protein Pasta (you can get it at Target.)