



7 Easy Meals Cheat Sheet

Meal

1. Taco/Mediterranean Bowls

2. Sheet Pan Chicken & Veggies

3. Crockpot Salsa Chicken

4. Breakfast Dinner (eggs,
pancakes, egg casserole)

5. 15 Minute Stir-fry

6. Dump and go soup
(beef or chicken and
veggies)

7. Chicken tenders + Sides

Easy Sides

rice, beans, veggies, toppings

potatoes, rice, mac and
cheese, salad, bread

toppings, rice, beans, tortillas,
lettuce, peppers and onions

toast, fruit, roast potatoes

rice or noodles, peanuts

bread, salad, cracker and pb, grill
cheese

mac and cheese, fries, salad or
veggies