



# 7 Easy Meals Cheat Sheet

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## Meal

1. Taco/Meditteranean 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