

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 3

Family Dinner	Philly Sandwiches	YOUR CHOICE	Sweet Chicken Tacos	Philly Pizza	Green Chile Mac n' Cheese	SATURDAY — Date Night
Family C  SHOPPING			N 0	T E S		
Philly Cheesesteak Sandwiches  SHOPPING LIST  Hoagie Buns Provolone or Swiss Cheese				NOTES Prepare Philly Cheesesteak according to package. Butter inside of hoagie buns and layer cheese on one side. Broil buns in oven until slightly toasted and cheese is melted. Fill buns with Philly Cheesesteak and serve with a side of fries or chips.		
- Butter - Fries or Chip - D A Y 3 Your Che	s			TES	at for Thursday ([	Day 5) meal.
SHOPPING	LIST					

- D A Y 4	NOTES			
Sweet Chicken Tacos	Prepare Sweet Chicken Tacos according to package.  Serve chicken in tortillas topped with sour cream,			
Sweet Chicken racos	shredded cheddar cheese, and guacamole. Serve			
SHOPPING LIST	with a side of chips and guacamole. Use leftovers			
_ Tortillas	for lunches.			
Sour Cream				
- Cheddar Cheese	* Sour cream can be substituted with plain non-fat			
Guacamole	greek yogurt for a lower fat higher protein option.			
Tortilla Chips				
- D A Y 5	NOTES Using Monday's (Day 2) leftover Philly Cheesesteak,			
Philly Cheesesteak Pizza	follow the recipe for Philly Cheesesteak Pizza on our			
	website > our meals > Philly Cheesesteak.			
SHOPPING LIST				
Pillsbury Pizza Crust	* Philly Cheesesteak will come with bell peppers in the			
<ul><li>Nacho Cheese Sauce</li><li>Mozzarella Cheese</li></ul>	meal. If you are wanting additional bell peppers on the			
Colby Jack Cheese	pizza plan on adding the "optional" bell peppers.			
Mushrooms + Bells Peppers (optional)				
- D A Y 6	NOTES			
Croop Chile Mac n' Chasse	Prepare Green Chile Mac n' Cheese according to			
Green Chile Mac n' Cheese	package. Serve with a side salad and cornbread. Save			
SHOPPING LIST	leftovers for lunches.			
Cornbread				
Salad Mix				
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- D A Y 7	NOTES			
Date Night				
Date Hight				
SHOPPING LIST				
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