

SIMPLE MENU ROTATION

week one:

- Ⓐ Soup or chili*
- Ⓜ Chicken sausage w/ mac & cheese & veggies
- Ⓓ Tacos
- Ⓦ Grilled chicken caesar salad
- Ⓡ Cheeseburgers w/ sweet potato fries
- Ⓕ Naan Pizza
- Ⓐ Grilled protein & veggies

week two:

- Ⓐ Spaghetti & meatballs
- Ⓜ Breakfast for dinner
- Ⓓ Shredded chicken taco bowls*
- Ⓦ Grilled cheese & tomato soup
- Ⓡ Leftovers (spaghetti or taco bowls)
- Ⓕ Rotisserie Chicken & veggies
- Ⓐ Naan Pizza

*Crock pot meal

Breakfast ideas include, pancakes w/bacon, omeletts, scrambled eggs w/ avo toast

Use leftover rotisserie chicken for chicken chili or chicken & wild rice soup.

Veggies the whole family eats (or at least tries a bite to be polite) include, green beans, broccoli, roasted sweet potatoes, carrots (raw or cooked).