

Week # 1 Meal Plan:

7 Dinners:

- [Chicken Enchilada Casserole](#) – you will be using some of the chicken you prepared
- [Best Ever Goulash](#)
- [Baked Chicken Chimichangas](#)- from The Girl Who Ate Everything- using more of the chicken that you prepared
- [Crockpot Zuppa Toscana](#) – this will use some of your chicken stock
- [Pizza Topping Calzones](#) & [Avacado, Kale and Tomato Salad](#)- salad from 504 Main. Calzones are a perfect way to get the taste of pizza with a fun twist. You can make them with a braided technique, or do a quick half-moon. They both taste the same and are perfect with a [pizza or marinara sauce](#). You can buy a crust or make your own [pizza crust](#). Fill the calzone with your favorite pizza toppings, or whatever you have on hand. In this case you should have sausage, a cup of Mozzarella cheese and some veggies. Make up some homemade pizza/marinara sauce, and save half of it for the Veggie Lasagna recipe. Ingredients for the homemade dough and sauce are included on the grocery list.
- [Veggie Lasagna](#)- Meatless Meal with Pizza Sauce/Marinara
- Hamburgers on the Grill and [Grilled Veggies in Foil](#)- veggies from food for my family (for this recipe use regular salt and pepper if you don't have cracked pepper on hand. Garlic powder is a nice touch also)

3 Lunches

- [Harvest Chicken Salad Sandwich](#)- from Damn Delicious via Naturebox, calls for Ciabatta bread, but regular sandwich bread will work too.
- [Grilled 3 Cheese and Tomato Sandwich](#)
- [Greek Pasta Salad](#)- from Daydream Kitchen using pasta of choice

5 Breakfasts

- [Strawberry Crepes](#)
- [Perfect Banana Muffins](#)
- [Make-Ahead Honey Vanilla Parfaits](#)- from Mom on Timeout

- [Caramel Apple Breakfast Casserole](#)- from \$5 Dinners, serve with 1/2 pound of bacon
- [Overnight Oven-Baked Cream Cheese French Toast](#)- from My Life as Robin's Wife (serves 16 so reduce by at least 1/2!)

3 Snacks/Desserts

- [Peanut Butter Caramel Corn](#)- from Sally's Baking Addiction (I'm heading to the store just to buy ingredients for this because Sally's pictures make me hungry!)
- [Chocolate Covered Peanut Butter Pretzels](#)
- [Banana Split Kabobs with Hot Fudge Sauce](#) – Perfect when you are grilling out. We'll use more of the sauce next week!