

RECIPES

Easy College Dinner Weekly Meal Planner #1

Sunday – Prep Day/Chili for Dinner

- Make Grilled or Baked Chicken Breast
 - Season boneless chicken with your favorite spice/herb mix. Drizzle some olive oil on both sides. Grill on Panini press or bake in preheated 400 degree oven for 15-20 minutes until cooked through (no longer pink inside). Transfer to a container and let cool to room temperature; refrigerate.
- Cook Ground Meat
 - Heat a few teaspoons of olive oil in a large skillet. (Optional: Add some chopped onion and garlic and sauté a few minutes.) Add 2 pounds of ground meat and cook until browned, using a large spoon to break up the meat into pieces.
 - Place half of the browned meat in a bowl and set aside.
- Make Chili
 - To the remaining browned ground meat in the skillet, add 1 packet chili seasoning, 1 can diced tomatoes or tomato sauce and one can of beans. Mix together and cook for 10-15 minutes. Transfer to a container and let cool to room temperature; refrigerate.
- Make Meat Sauce
 - Rinse out skillet that you used to brown the ground meat.
 - Put remaining cooked meat in skillet. (Optional: Season with garlic and onion powder.) Add 1 jar marinara sauce and heat. Cook for 10-15 minutes. Transfer to a container and let cool to room temperature; refrigerate.
- Cook Brown Rice
 - Cook 1-2 cups brown rice in rice cooker or use instant brown rice and cook according to package instructions. Transfer to a container and let cool to room temperature; refrigerate.
- Dinner
 - Reheat chili and brown rice in microwave; serve with salad or steamed vegetables of your choice.

Monday – Chicken Parmesan

- Place 1-2 pieces of cooked chicken breast on foil-lined baking sheet. Spread a little sauce (from meat sauce) on top. Sprinkle with shredded cheese and either bake in preheated 375 oven for 10-15 minutes until heated through, or microwave for about 2 minutes. Serve with steamed vegetables of your choice (make a double batch of vegetables and save for Thursday's meal).

Tuesday – Meat Sauce Pasta

- Cook ½ box pasta according to package directions. Reheat meat sauce and serve on top of pasta. Serve with salad. Rinse extra cooked pasta with cold water, drain, transfer to a container and refrigerate.

Wednesday – Chicken Burrito Bowl

- Place a scoop of cooked rice in a microwaveable bowl. Top with chopped cooked chicken, and beans. Heat in microwave 3 minutes or until hot. Top with salsa and shredded cheese. Serve with salad.

Thursday – Chicken Vegetable Fried Rice

- Cut desired amount of cooked chicken into pieces. Cut leftover steamed vegetables into pieces.
- Heat a few teaspoons oil in a large skillet. Add desired amount of cooked rice and toss until hot. Push rice to perimeter of skillet and drizzle a little oil in the center of the skillet. Break an egg in the center and scramble until cooked. Add chopped chicken and vegetables and toss everything together. Season with soy sauce or teriyaki sauce.

Friday and Saturday

- Reheat leftovers and serve with salad or steamed vegetables.