



EASY COLLEGE DINNER WEEKLY MEAL PLANNER

One Month of Easy Dinner Recipes for the College Student



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INTRODUCTION



FOUR YEARS AGO, my oldest son went off his college meal plan and had to cook all his dinners. I spent a week running a mini boot camp teaching him some basic cooking skills before sending him on his way.

Then, another one of my boys moved off campus and needed to make his own dinners. The only catch was that he had five requirements. He would only make recipes that:

1. required no cutting
2. required only a few ingredients
3. did not require measuring
4. used the minimal number of dishes to wash
5. provided a healthy portion of protein

I spent some time perusing the supermarket aisles and found many spice/herb/seasoning mixes, marinades and simmer sauces that can make easy meals for college students.

I came up with this one month meal plan for my son, and realized there are so many other college students like him that struggle to come up with easy dinners night after night.

The recipes in this one month meal plan are budget friendly, easy to prepare and healthy. Each week, you can choose a menu, follow the grocery shopping list provided and easy recipes.

The concept is easy. Each Sunday (or other day you choose), you get a head start on cooking for the entire week. The rest of the week, the food you prepare on Sunday is transformed into a variety of healthy, delicious meals.



EASY COLLEGE DINNER WEEKLY MEAL PLANNER

One Month of Easy Dinner Recipes for the College Student



BASIC COLLEGE KITCHEN EQUIPMENT

HERE IS A STREAMLINED LIST of kitchen essentials for college students interested in cooking very simple meals.

- sharp knife (you will have to cut/chop something at some point)
- large deep pot (6-8 quart) for pasta
- medium saucepan (3 quart)
- non-stick skillet (one small, one medium)
- colander
- rimmed baking sheet
- can opener



BASIC COLLEGE PANTRY ITEMS

- Olive oil
- Salt
- Pepper
- Spice/herb blends, e.g., Italian seasoning, Cajun seasoning, steak seasoning, chili mix, taco mix
- Canned beans
- Jarred pasta sauce
- Whole grain pasta
- Brown rice



BASIC COLLEGE GROCERIES



- Inexpensive cuts of meat—ground turkey, ground chicken (less expensive than ground beef), chicken drumsticks/thighs
- Moderately priced proteins—boneless chicken thighs/breasts (look for sales), frozen fish filets
- Pulses such as black beans, kidney beans, chickpeas, lentils and other beans which are healthy, inexpensive sources of protein
- Frozen vegetables (if you're worried about spoilage)
- Whole grain bread (bread keeps in the freezer well)
- Brown rice (you can buy instant brown rice to save time)
- Eggs



PURCHASES THAT WILL SAVE TIME

COOKING HEALTHY COLLEGE DINNERS can take less time if you buy some prepared foods to supplement your meal. Prepared foods are almost always more expensive than cooking it from scratch yourself, but sometimes it is worth the extra expense when you're short on time.

- Pre-cut/pre-chopped vegetables (fresh or frozen)
- Pre-chopped onions/peppers (fresh or frozen) and pre-minced garlic (you can buy minced garlic with oil in a jar in the produce section)
- Rotisserie chickens (often priced very reasonably at the supermarket)
- Precooked chicken sausages (come in lots of different flavors—cut up, saute in a little oil and add marinara sauce; serve over whole grain pasta)
- Frozen meatballs (just add sauce and cook whole grain pasta for spaghetti and meatballs)



COOKING GIFTS FOR COLLEGE STUDENTS (NICE TO HAVES)



- Panini grill/press
- Rice cooker (get one that has a brown rice setting)
- Toaster oven
- *Lekue Steam Case* (makes it easy for students to microwave vegetables and entire meals)—*Stir-Fry Chicken* in this steam case worked well
- Spice mixes (Penzey's has some great spice/herb blends and they ship—Mitchell Street Steak Seasoning, Fajita Seasoning and Old World Seasoning are some of my favorites)
- Prepared sauces/marinades (look in the ethnic section of the grocery store for Indian and Asian simmer sauces)—great for care packages
- Prepared dal (Indian lentils)—Costco sells this in bulk



COOKING LARGE BATCHES SAVES TIME

YOU CAN SAVE A LOT OF TIME cooking healthy college dinners by cooking in large batches before the school week begins.

- Cook a pot of rice for the week and reheat as needed (the rice cooker makes this a no-brainer)
- Cook a pound of pasta for the week and reheat as needed
- Make a batch of grilled boneless chicken thighs/breasts for the week and reheat/transform into meals throughout the week (see below for ideas)





FIVE WAYS TO STRETCH YOUR DOLLAR

COOKING HEALTHY COLLEGE DINNERS doesn't have to cost an arm and a leg. In addition to buying items on sale, choosing cheaper cuts of meat and including less expensive sources of protein like beans and eggs at dinnertime can stretch your dollar.

- Buy ground chicken or turkey instead of beef, or use half ground chicken/turkey and 1/2 beef in recipes
- Use chicken thighs instead of chicken breast
- Buy chicken on the bone instead of boneless chicken
- Add a can of beans to pasta sauce and chili
- Add a poached or fried egg to your dinner if you want more protein



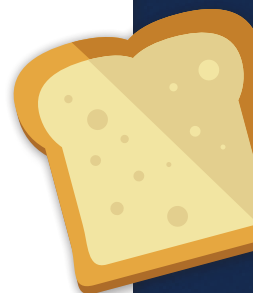
THREE HEALTHIER FOOD CHOICES FOR COLLEGE STUDENTS

- Eat brown rice instead of white rice. It has more protein and fiber and will keep you full longer.
- Eat whole grain pasta instead of white pasta. It has more protein and fiber and will keep you full longer.
- Eat whole-grain bread in place of white bread. It has more protein and fiber and will keep you full longer.



THREE EASY VEGETABLE IDEAS FOR DINNER

- Simple salad (many pre-mixed salad combinations are available in the produce section)
- *Roast vegetables* tossed with olive oil, minced garlic (or sprinkle on some garlic powder), salt and pepper and bake at 425 degrees for 25-30 minutes, until tender. Harder vegetables take longer to



cook through. Baby carrots, green beans, cauliflower/broccoli florets (you can buy these already cut up) roast well.

- Steam or microwave fresh or frozen vegetables in a *Lekue Steam Case* until tender; toss with extra virgin olive oil or butter, salt, and pepper. This takes 2-4 minutes, depending on the vegetable.



BUDGET-FRIENDLY GROUND MEAT RECIPES

GROUND MEAT (e.g., ground turkey, chicken, beef) is one of the cheapest forms of meat you can buy at the supermarket and is super versatile.

Ground meat can be made into burgers and seasoned with your favorite spice/herb mix. Form them into square patties and serve on toasted whole grain bread if you like (a slice of melted cheese on top would be nice too).

Almost everyone loves chili, pasta with meat sauce and tacos. The ground meat is cooked the same for all three of these recipes. Simply heat a little oil in a large skillet and saute the ground meat of your choice until browned (if you have chopped onion or garlic, this is a great time to add some). Then it can be used in one of the following ground meat recipes. I recommend making a double batch of chili and pasta meat sauce, and freezing one batch.

- **CHILI**—for each pound of cooked ground meat, add 1 can of beans (any kind will work—black beans, red beans), 1 can (15 ounces) of tomato sauce, and 1 packet of chili seasoning; cook 15-20 minutes; serve over baked potato (wash potato, poke holes in it with a fork and microwave 5 minutes; turn it over and microwave another 5 minutes or until soft), steamed brown rice or whole grain pasta.
- **PASTA MEAT SAUCE**—for each pound of cooked ground meat, add a large jar of marinara/pasta sauce (add garlic powder/onion powder and other herb/spice mixes to jazz it up if you like) and cook 15-20 minutes; serve over whole grain pasta.



- **TACO MEAT**—for each pound of cooked ground meat, add 1 packet of taco seasoning and a little water; simmer for 5 minutes; serve with whole grain tortillas, salad greens and shredded cheese, make into a quesadilla (see below), or make a burrito bowl with steamed brown rice, salad greens, and canned beans.



BUDGET-FRIENDLY CHICKEN RECIPES

CHICKEN IS A COLLEGE STUDENT'S BEST FRIEND. It's relatively inexpensive, healthy and a great source of lean protein.

One of the simplest one dish meals that can be made in large quantities is this *Easy Pan Roasted Chicken and Vegetables*.

- **PACKAGED SIMMER SAUCES** are also a great way to make dinner in very little time using chicken. I scoured the ethnic section of our grocery store and found a number of wonderful Indian and Asian simmer sauces. You just place chicken in a pot with the simmer sauce and cook. Alternatively, you can bake chicken with the sauces (I think this method would work better if you're using chicken on the bone).
- **GRILLING BONELESS CHICKEN (OR FISH) ON A PANINI PRESS** is one of the easiest college dinner ideas. Mom and Dad—this is a great gift for your college student. Simply season a batch of boneless chicken with your favorite spice/herb mix, drizzle with olive oil and grill. Since the panini press cooks both sides of the chicken at the same time, it only takes about 10-15 minutes on the high setting to cook boneless chicken breast.
- **BAKING BONELESS CHICKEN** is an easy way to cook large batches of chicken. Simply season a batch of boneless chicken with your favorite spice/herb mix, drizzle with olive oil on both sides and place on foil-lined baking sheet. Bake at 400 degrees for 15 minutes or until there is no more pink on the inside of the chicken.



SIX EASY COLLEGE DINNER RECIPES USING LEFTOVER CHICKEN

LEFTOVER COOKED CHICKEN (grilled, roasted or store-bought rotisserie chicken) is really versatile and can be transformed into many new easy college dinners throughout the week:

- **BAKED PASTA WITH CHICKEN AND VEGETABLES**—Mix together cooked whole grain pasta, cut-up cooked chicken, and cooked vegetables of your choice, and some marinara sauce in an oven proof dish. Sprinkle with shredded cheese or grated Parmesan cheese and bake at 350 degrees for 25-30 minutes. Alternatively, you can put everything in a microwaveable bowl and cook 3-4 minutes until heated through.
- **EASY CHICKEN PARMESAN**—Top grilled chicken breast with some pasta sauce and shredded cheese; bake at 350 degrees for 10-15 minutes, until chicken is warmed through and cheese is melted. Alternatively, you can heat this up in the microwave for 2-3 minutes (The Lekue Steam Case would work for this; if you don't have one, just make sure to cover the dish so it doesn't splatter).
- **MEXICAN RICE BOWL**—Place scoop of cooked rice in microwave-safe bowl, and top with chopped cooked chicken and canned beans. Heat in microwave 3 minutes or until hot. Top with shredded cheese, salad greens and salsa. Guacamole (you can buy prepared guacamole in individual portions) and Greek yogurt or sour cream are nice extras.
- **CHICKEN-VEGGIE QUESADILLAS**—Place whole grain tortilla in a skillet; sprinkle with some shredded cheese, and chopped cooked chicken (grilled/roasted chicken or taco meat) and leftover cooked vegetables. Cook until cheese is melted; flip and continue to cook until meat is heated through.





- **CHICKEN VEGETABLE FRIED RICE**—Heat a little oil in a large pan. Add cooked brown rice and toss until hot. Push the rice to the sides of the pan and add a few whisked eggs. Once eggs are firm, mix with rice and add chopped cooked chicken and leftover cooked vegetables. Season with soy sauce or teriyaki sauce.
- **HEARTY RAMEN NOODLE SOUP**—Cook ramen noodles according to package, adding leftover cooked vegetables, chopped cooked chicken and an egg (crack open into the pot).

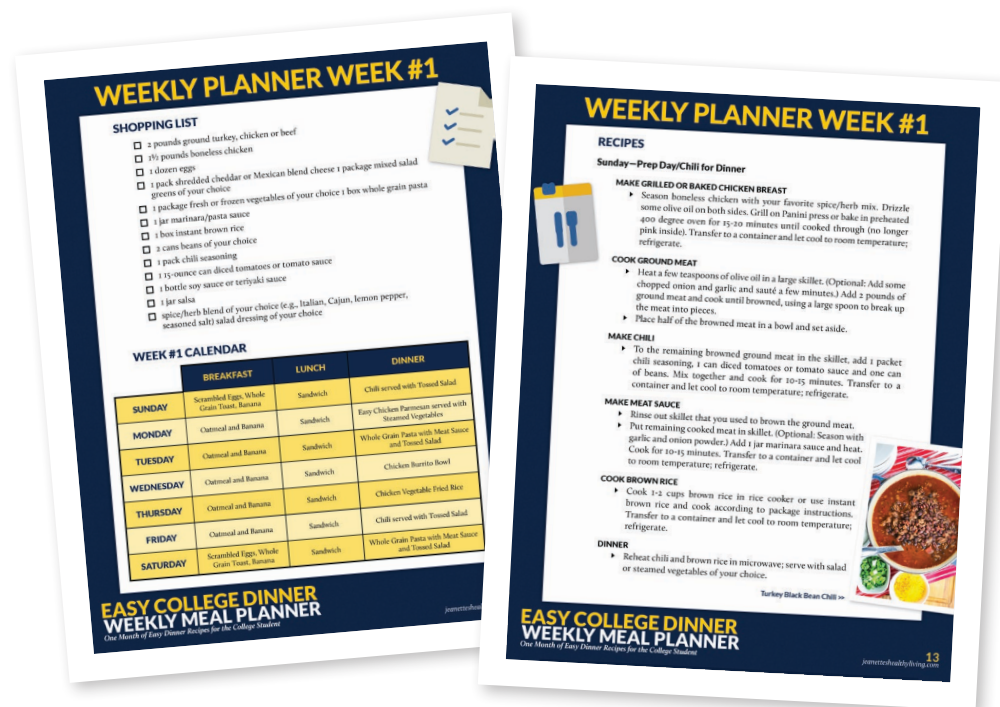


WEEKLY COLLEGE DINNER MEAL PLANNER

I came up with four easy weekly college dinner menus so there is plenty of variety.

HERE'S THE GAMEPLAN:

1. Do your grocery shopping on Saturday or Sunday.
2. Sunday is prep day for the entire week
3. Minimal cooking is needed for the rest of the week—most of the meals are assembled and/or reheated.



WEEKLY PLANNER WEEK #1

SHOPPING LIST

- ☐ 2 pounds ground turkey, chicken or beef
- ☐ 1½ pounds boneless chicken
- ☐ 1 dozen eggs
- ☐ 1 pack shredded cheddar or Mexican blend cheese
- ☐ 1 package mixed salad greens of your choice
- ☐ 1 package fresh or frozen vegetables of your choice
- ☐ 1 box whole grain pasta
- ☐ 1 jar marinara/pasta sauce
- ☐ 1 box instant brown rice
- ☐ 2 cans beans of your choice
- ☐ 1 pack chili seasoning
- ☐ 1 15-ounce can diced tomatoes or tomato sauce
- ☐ 1 bottle soy sauce or teriyaki sauce
- ☐ 1 jar salsa
- ☐ spice/herb blend of your choice (e.g., Italian, Cajun, lemon pepper, seasoned salt)
- ☐ Salad dressing of your choice



WEEK #1 CALENDAR

	BREAKFAST	LUNCH	DINNER
SUNDAY	Scrambled Eggs, Whole Grain Toast, Banana	Sandwich	Chili served with Tossed Salad
MONDAY	Oatmeal and Banana	Sandwich	Easy Chicken Parmesan served with Steamed Vegetables
TUESDAY	Oatmeal and Banana	Sandwich	Whole Grain Pasta with Meat Sauce and Tossed Salad
WEDNESDAY	Oatmeal and Banana	Sandwich	Chicken Burrito Bowl
THURSDAY	Oatmeal and Banana	Sandwich	Chicken Vegetable Fried Rice
FRIDAY	Oatmeal and Banana	Sandwich	Chili served with Tossed Salad
SATURDAY	Scrambled Eggs, Whole Grain Toast, Banana	Sandwich	Whole Grain Pasta with Meat Sauce and Tossed Salad

WEEKLY PLANNER WEEK #1

RECIPES

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.

Turkey Black Bean Chili >>



WEEKLY PLANNER WEEK #1

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.



WEEKLY PLANNER WEEK #2

SHOPPING LIST

- ☐ 1 ½ pounds boneless chicken breast or thighs
- ☐ 1 pound ground turkey, chicken or beef
- ☐ 1 pack cooked chicken sausage (regular or spicy Italian)
- ☐ 1 small container of milk (unless you drink milk regularly during the week)
- ☐ 1 package mixed salad greens of your choice
- ☐ 1 pack taco seasoning mix
- ☐ 1 box prepared guacamole in individual serving packs, optional
- ☐ 1 pack tortillas (corn or whole wheat)
- ☐ 1 box Annie's or Horizon Macaroni and Cheese
- ☐ 1 box butter (keep one stick in the refrigerator; freeze extra sticks)
- ☐ *1 dozen eggs
- ☐ *1 pack shredded cheese (cheddar or Mexican blend)
- ☐ *1 package fresh or frozen vegetables of your choice
- ☐ *1 box instant brown rice
- ☐ *1 bottle teriyaki sauce
- ☐ *1 jar salsa
- ☐ *Salad dressing of your choice
- ☐ *Cajun seasoning

*NOTE: You may still have enough from last week's shopping for some of these items, so check before buying more.

WEEK #2 CALENDAR

	BREAKFAST	LUNCH	DINNER
SUNDAY	Scrambled Eggs, Whole Grain Toast, Banana	Sandwich	Teriyaki Chicken served with Steamed Vegetables and Brown Rice
MONDAY	Oatmeal and Banana	Sandwich	Soft Tacos served on Corn Tortillas with Lettuce, Cheese, Salsa, and Guacamole
TUESDAY	Oatmeal and Banana	Sandwich	Cajun Chicken Quesadillas
WEDNESDAY	Oatmeal and Banana	Sandwich	Chicken Teriyaki Bowl
THURSDAY	Oatmeal and Banana	Sandwich	Taco Nacho Mac and Cheese served with Tossed Salad
FRIDAY	Oatmeal and Banana	Sandwich	Chicken Sausage Jambalaya served with Tossed Salad
SATURDAY	Scrambled Eggs, Whole Grain Toast, Banana	Sandwich	Taco Salad or Taco Pizza topped with Salad Greens, Salsa, and Guacamole

WEEKLY PLANNER WEEK #2

RECIPES

Sunday—Prep Day/Teriyaki Chicken for Dinner

MAKE GRILLED OR BAKED BONELESS CHICKEN BREAST/THIGHS

- ▶ Marinate 1 pound of boneless chicken in Teriyaki sauce for 15-20 minutes. Season the rest of the boneless chicken with Cajun seasoning. Drizzle some olive oil on both sides of all the chicken pieces. If using Panini press, grill Cajun seasoned chicken first, then grill teriyaki marinated chicken. This should take about 10 minutes in total. If you are baking the chicken, preheat oven to 400 degrees and bake chicken on foil lined baking sheet for 15-20 minutes until cooked through (no longer pink inside). Transfer to a container and let cool to room temperature; refrigerate.

MAKE TACO MEAT

- ▶ Heat a few teaspoons of olive oil in a large skillet. Add ground meat and cook until browned, using a large spoon to break up the meat into pieces.
- ▶ Add taco seasoning and $\frac{1}{4}$ cup water. Mix together and cook for 5 minutes. Transfer to a container and let cool to room temperature; refrigerate.

COOK BROWN RICE

- ▶ Cook 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 teriyaki chicken and brown rice in microwave; serve with steamed vegetables (make a triple batch of vegetables and reserve extra for Tuesday and Wednesday).

Monday—Soft Tacos

- Reheat taco meat. Heat corn tortillas in microwave for 30-40 seconds. Fill tortillas with taco meat, salad greens, shredded cheese, salsa and guacamole.

Tuesday—Cajun Chicken Quesadillas

- Cut Cajun grilled/baked chicken into pieces (if you have extra, save it for Friday's Jambalaya),

[Taco Mac and Cheese >>](#)



WEEKLY PLANNER WEEK #2

- Place a corn tortilla in skillet; sprinkle with some shredded cheese, chicken and leftover cooked vegetables. Top with more cheese and cover with another corn tortilla. Cook until cheese is melted on the bottom; flip everything over using a spatula, and continue to cook until cheese is melted on bottom and chicken/vegetables are heated through. Cut into quarters and serve.

Wednesday—Chicken Teriyaki Bowl

- Place a scoop of cooked rice in a microwaveable bowl. Top with chopped Teriyaki chicken, and leftover cooked vegetables. Heat in microwave 3 minutes or until hot. Top with fried egg, if desired. Serve with extra teriyaki sauce.

Thursday—Taco Nacho Mac and Cheese

- Prepare Mac and Cheese according to package directions. Stir in some taco meat. Top with some salsa and guacamole.
- Serve with salad or steamed vegetables.

Friday—Chicken Sausage Jambalaya

- Cut 1-2 chicken sausages into chunks.
- Cut leftover Cajun chicken into pieces.
 - Heat a few teaspoons of oil in a large skillet. Cook chicken sausage until lightly browned. Add cooked rice, chopped chicken, some salsa and Cajun seasoning. Toss until hot.
- Serve with salad or steamed vegetables.

<< Saturday—Taco Salad or Taco Pizza

- For Taco Salad, heat taco meat and serve on top of salad greens with salsa, shredded cheese and guacamole.
- For Taco Pizza, preheat oven to 375 degrees. Place corn tortilla on baking sheet and top with taco meat and shredded cheese. Bake until heated through, about 10 minutes. Top with salad greens, salsa and guacamole (or serve salad separately).



WEEKLY PLANNER WEEK #3

SHOPPING LIST

- ☐ 2½ - 3 pounds boneless chicken breast or thighs
- ☐ 1 pack frozen fish filet of your choice (individually wrapped)
- ☐ 1 can/pack enchilada sauce
- ☐ 1 pack shredded cheese (Pepper Jack or Mexican blend)
- ☐ 1 package mixed salad greens of your choice
- ☐ *1 dozen eggs
- ☐ *1 package fresh or frozen vegetables of your choice
- ☐ *1 pack corn tortillas
- ☐ *1 box instant brown rice

- ☐ * olive oil
- ☐ * Cajun seasoning
- ☐ * Chili seasoning
- ☐ * 1 jar salsa
- ☐ * 1 box prepared guacamole in individual serving packs, optional
- ☐ * soy sauce or teriyaki sauce
- ☐ *salad dressing of your choice

*NOTE: You may still have enough from last week's shopping for some of these items, so check before buying more.

WEEK #3 CALENDAR

	BREAKFAST	LUNCH	DINNER
SUNDAY	Scrambled Eggs, Whole Grain Toast, Banana	Sandwich	Grilled Cajun Chicken served with Steamed Vegetables and Brown Rice
MONDAY	Oatmeal and Banana	Sandwich	Chicken Enchiladas served with Tossed Salad
TUESDAY	Oatmeal and Banana	Sandwich	Cajun Baked Fish served with Steamed Vegetables and Brown Rice
WEDNESDAY	Oatmeal and Banana	Sandwich	Mexican Chicken Parmesan served with Steamed Vegetables and Brown Rice
THURSDAY	Oatmeal and Banana	Sandwich	Cajun Chicken Vegetable Fried Rice
FRIDAY	Oatmeal and Banana	Sandwich	Chicken Burrito Bowl
SATURDAY	Scrambled Eggs, Whole Grain Toast, Banana	Sandwich	Spicy Chicken Quesadillas

WEEKLY PLANNER WEEK #3

RECIPES

Sunday—Prep Day/Grilled Chicken for Dinner

MAKE GRILLED OR BAKED CHICKEN BREAST/THIGHS

- ▶ Season half the boneless chicken with Cajun seasoning, and the other half with Chili seasoning. Drizzle some olive oil on both sides. If using Panini press, grill chicken 10 minutes or until cooked through (no pink inside). If you are baking the chicken, preheat oven to 400 degrees and bake chicken on foil-lined baking sheet for 15-20 minutes until cooked through (no longer pink inside). Transfer to a container and let cool to room temperature; refrigerate.

COOK BROWN RICE

- ▶ Cook 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.

DEFROST FISH

- ▶ Remove one serving of fish from the freezer, place on a plate and defrost in refrigerator for Tuesday's dinner.

DINNER

- ▶ Reheat grilled Cajun spiced chicken and brown rice in microwave; serve with steamed vegetables (make a quadruple batch of vegetables and reserve extras for Tuesday, Wednesday, Thursday, and Saturday).

Monday—Chicken Enchiladas

- ▶ Preheat oven to 400 degrees.
- ▶ Lay a piece of foil on a baking sheet and drizzle a little oil on top.
- ▶ Cut up some Chili spiced grilled chicken.
- ▶ Lay out 3-4 corn tortillas on the baking sheet.

Cajun Chicken Vegetable Fried Rice >>



WEEKLY PLANNER WEEK #3

- ▶ Place some chicken down the center of each tortilla. Sprinkle some shredded cheese on top of the chicken. Roll up each tortilla and put seam side down on baking sheet.
- ▶ Pour enchilada sauce on top.
- ▶ Bake 15-20 minutes until cheese is melted and chicken filling is hot.
- ▶ Serve with salad.



<< Tuesday—Cajun Baked Fish

- ▶ Preheat oven to 400 degrees.
- ▶ Sprinkle defrosted fish with Cajun seasoning and drizzle with olive oil.
- ▶ Bake for 10-15 minutes until cooked through. Cooking time will depend on how thick the fish filet is.
- ▶ Serve with steamed vegetables and rice.

Wednesday—Mexican Chicken Parmesan

- ▶ Place 1-2 pieces of cooked Chili spiced chicken breast on foil-lined baking sheet. Spread a little salsa 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 and rice.

Thursday—Cajun Chicken Vegetable Fried Rice

- ▶ Cut desired amount of cooked Cajun spiced chicken into pieces. Cut leftover steamed vegetables into pieces. If you have leftover chicken sausage from the previous week, chop this up too.
- ▶ 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/chicken sausage and vegetables and toss everything together. Season with Cajun seasoning, a little salt and pepper, to taste.

WEEKLY PLANNER WEEK #3



Friday—Chicken Burrito Bowl

- ▶ Cut up desired amount of Chili spiced cooked chicken into pieces.
- ▶ Place scoop of rice in microwaveable bowl. Top with chicken. Reheat for 2-3 minutes.
- ▶ Top with salad greens, shredded cheese, salsa and guacamole



<<Saturday—Spicy Chicken Quesadillas

- ▶ Cut up leftover cooked Cajun spiced chicken and steamed vegetables into pieces.
- ▶ Place a corn tortilla in skillet; sprinkle with some shredded cheese, chicken and leftover cooked vegetables.
- ▶ Sprinkle some Cajun seasoning on top if desired.
- ▶ Top with more cheese and cover with another corn tortilla. Cook until cheese is melted on the bottom; flip everything over using a spatula, and continue to cook until cheese is melted on bottom and chicken/vegetables are heated through. Cut into quarters and serve.



WEEKLY PLANNER WEEK #4

SHOPPING LIST

- ☐ 2 pounds boneless chicken breast or thighs
- ☐ 1 pound ground turkey, chicken or beef
- ☐ 1 bottle Frank's Hot Sauce
- ☐ 1 package Taco Seasoning Mix
- ☐ 1 package White Chicken Chili Seasoning Mix
- ☐ 1 can (15 ounces) diced tomatoes
- ☐ 1 can (15 ounces) white beans
- ☐ 2 large Idaho baking potatoes
- ☐ 1 package mixed salad greens of your choice
- ☐ *1 bottle Ranch or Blue Cheese dressing
- ☐ *1 pack corn tortillas
- ☐ *1 pack frozen fish filet of your choice (individually wrapped)
- ☐ *1 package fresh or frozen vegetables of your choice
- ☐ *1 pack shredded cheese (Pepper Jack or Mexican blend)
- ☐ *1 box instant brown rice
- ☐ * olive oil
- ☐ * 1 bottle teriyaki sauce
- ☐ * 1 jar salsa
- ☐ * 1 box prepared guacamole in individual serving packs, optional
- ☐ *salad dressing of your choice

*NOTE: You may still have enough from last week's shopping for some of these items, so check before buying more.

WEEK #4 CALENDAR

	BREAKFAST	LUNCH	DINNER
SUNDAY	Scrambled Eggs, Whole Grain Toast, Banana	Sandwich	Buffalo Chicken served with Baked Potato and Tossed Salad
MONDAY	Oatmeal and Banana	Sandwich	Taco Quesadilla served with Tossed Salad
TUESDAY	Oatmeal and Banana	Sandwich	White Chicken Chili served over Steamed Rice with Tossed Salad
WEDNESDAY	Oatmeal and Banana	Sandwich	Teriyaki Baked Fish served with Steamed Vegetables and Brown Rice
THURSDAY	Oatmeal and Banana	Sandwich	Buffalo Chicken Pizza served with Tossed Salad
FRIDAY	Oatmeal and Banana	Sandwich	Taco Bowl
SATURDAY	Scrambled Eggs, Whole Grain Toast, Banana	Sandwich	White Chicken Chili served with Baked Potato and Tossed Salad

WEEKLY PLANNER WEEK #4

RECIPES

Sunday—Prep Day/Buffalo Chicken for Dinner

BAKE BONELESS CHICKEN BREAST/THIGHS

- ▶ Preheat oven to 400 degrees. Toss half the chicken with Frank's hot sauce to coat. Season rest of chicken with your favorite herb seasoning (e.g., Italian, or just salt and pepper is fine). Line a baking sheet with foil. Drizzle some oil on foil and place both types of chicken on baking sheet. Drizzle some olive oil on top of chicken. Bake chicken for 15-20 minutes until cooked through (no longer pink inside). Transfer Buffalo Chicken to a container and let cool to room temperature; refrigerate.

MAKE CHICKEN CHILI

- ▶ Cut up herb seasoned baked chicken (above) into medium size pieces.
- ▶ Place one cup water, White Chicken Chili seasoning mix, white beans and diced tomatoes in a pot. Bring to a boil, then add cut up chicken. Heat through. Transfer Chicken Chili to a container and let cool to room temperature; refrigerate.

MAKE TACO MEAT

- ▶ Heat a few teaspoons of olive oil in a large skillet. Add ground meat and cook until browned, using a large spoon to break up the meat into pieces.
- ▶ Add taco seasoning and $\frac{1}{4}$ cup water. Mix together and cook for 5 minutes. Transfer to a container and let cool to room temperature; refrigerate.

COOK BROWN RICE

- ▶ Cook 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.

White Chicken Chili >>



WEEKLY PLANNER WEEK #4

DINNER

- ▶ Make Baked Potato: Wash potato and then prick holes in potato with fork. Microwave on high for 5 minutes; turn potato over and microwave another 5 minutes or until potato is soft when you squeeze it with a towel (potato will be hot!); cut potato in half lengthwise.
- ▶ Reheat Buffalo chicken in microwave and cut up; serve on top of baked potato with shredded cheese and ranch or blue cheese dressing.
- ▶ Serve with tossed salad.

Monday—Taco Quesadilla

- ▶ Place a corn tortilla in skillet; sprinkle with some shredded cheese and taco meat on top. Top with more cheese and cover with another corn tortilla. Cook until cheese is melted on the bottom; flip everything over using a spatula, and continue to cook until cheese is melted on bottom and taco meat is heated through. Cut into quarters and serve with salsa for dipping.
- ▶ Serve with tossed salad.

Tuesday—White Chicken Chili

- ▶ Reheat Chicken Chili and cooked rice.
- ▶ Serve with Tossed Salad.
- ▶ Remove one portion of fish from freezer and place on top of a plate in refrigerator to defrost for Wednesday's dinner.

<< Wednesday—Teriyaki Baked Fish

- ▶ Preheat oven to 400 degrees.
- ▶ Marinade fish in teriyaki sauce while oven heats up.
- ▶ Place foil on baking sheet and drizzle some oil on foil. Place fish on baking sheet and drizzle a little oil on top. Bake for 12-15 minutes depending on how thick the fish is.
- ▶ While fish is baking, steam some vegetables and reheat cooked rice.



WEEKLY PLANNER WEEK #4



Thursday—Buffalo Chicken Pizza

- ▶ Preheat oven to 375 degrees.
- ▶ Cut up cooked Buffalo chicken into medium size pieces.
- ▶ Place corn tortilla on baking sheet and top with Buffalo chicken pieces and shredded cheese. Bake until heated through, about 10 minutes. Top with ranch or blue cheese dressing.
- ▶ Serve with tossed salad.

Friday—Taco Bowl

- ▶ Place a scoop of rice in a microwaveable bowl. Top with taco meat; microwave 3 minutes or until hot.
- ▶ Serve with shredded cheese, salad greens, salsa and guacamole.

Saturday—White Chicken Chili

- ▶ Make Baked Potato: Wash potato and then prick holes in potato with fork. Microwave on high for 5 minutes; turn potato over and microwave another 5 minutes or until potato is soft when you squeeze it with a towel (potato will be hot!); cut potato in half lengthwise.
- ▶ Reheat White Chicken Chili. Serve on top of Baked Potato with shredded cheese.
- ▶ Serve with tossed salad.

