

The Busy Family

Multiple Choice Meal Plan

How It Works: Fill in each category with your go-to meals. When you meal plan, cross out anything you've had recently, then circle one meal from each category. Want to try something new? Just write it in!

Double-Batch (Make 1/Freeze 1)

1. **Meatloaf**
w/ potatoes and green beans
2. **Meatballs & tomato sauce**
w/ penne; broccoli
3. **Chili**
w/ cornbread
4. **Turkey/black bean/quinoa burgers**
w/ sweet potato wedges, avocado

a la Appliance (Slow Cooker/Instant Pot)

1. **BBQ chicken or pork**
w/ cabbage slaw, fruit
2. **Chicken curry**
w/ bell peppers and rice
3. **Tomato soup**
w/ grilled cheese
4. **Red beans, kielbasa & rice**
w/ green beans

Sheet Pan/Skillet Suppers

1. **Chicken thighs & roasted veg**
w/ biscuits, potatoes, or wild rice
2. **Salmon or shrimp & squash**
w/ salad, mac & cheese for kids
3. **Chicken tacos/quesadillas**
w/ guacamole, tomatoes, corn
4. **Honey Mustard pork loin**
w/ salad, mac & cheese for kids

Casseroles

1. **Tortellini casserole**
w/ broccoli
2. **Enchilada lasagna**
w/ corn and tomatoes
3. **Macaroni & cheese**
w/ salad, fruit & veggies for kids
4. **Chicken pot pie**
w/ salad & fruit

Something Special/Family Night

1. **Chicken Tikka/Saag Paneer**
w/ rice & naan
2. **Breaded chicken**
w/ baked beans & cucumber salad
3. **Pizza (takeout or homemade)**
w/ salad or cut veggies
4. **Roasted lamb**
w/ potatoes & carrots, bread

On-The-Go/Snack Suppers

1. **Frozen dumplings**
w/ stir fry veggies & rice
2. **Chicken nuggets or meatballs**
w/ cut veggies & tomato soup/sauce
3. **"Charcuterie" boards**
(grown-up & kid pasta salad version)

Take-Out/From the Store

1. **Rotisserie chicken & salad**
w/ bakery bread
2. **Our favorite restaurant**
3. **Our favorite restaurant**

